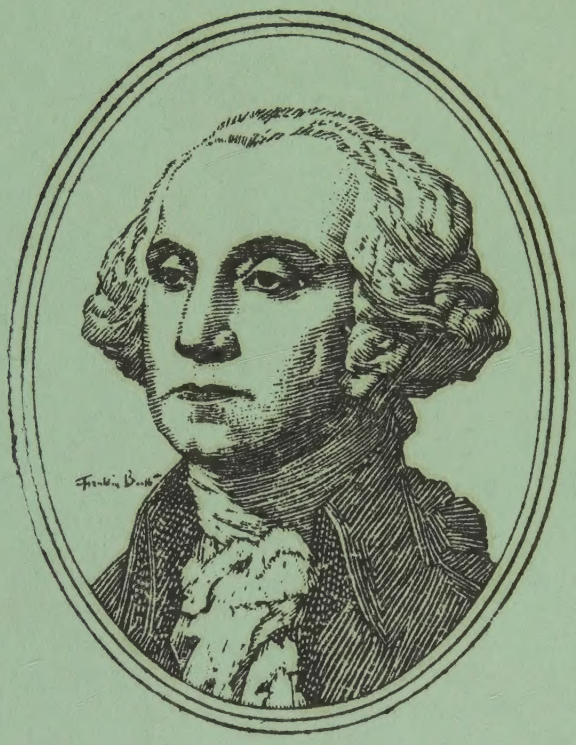
HARMONY DIGEST

Dedicated to the real Ruler of Humanity
the Living Jesus Christ
and in commemoration
of the first ruler of our land

George Washington

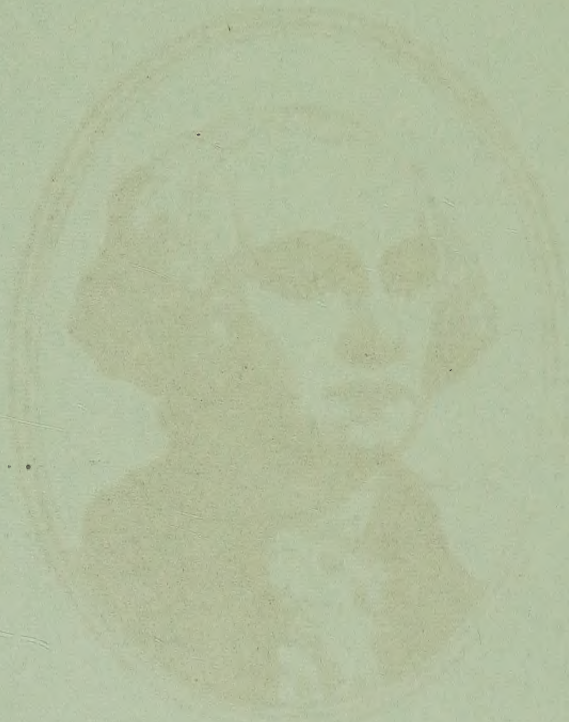


VOL. II NO. 1
2

May the same Spirit that guided the Father of our Country
through the darkest hours, giving courage, vision and power
to him and our brave patriots and founders of a new nation

Be the unfailing beacon that lights us
on His Path today,
sustaining our leaders and devotees of a true democracy
to follow after His Will and our Divine Destiny,
bringing us speedy and Divinely satisfactory

VICTORY THROUGH CHRIST



HARMONY DIGEST

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EDITORIAL

The world is tense with the momentous and epoch-making events of a titanic struggle. Breathless, we watch the turbulent sea through our partially obscure porthole and ominous position below deck. The rise and fall of mountainous waves threaten to engulf us and a vicious undertow keeps us weary with resistance and unnamed fears. But we are conscious that our ship is sailing on; there seems nothing else to do. And while promises of final landing keep our hope and courage alive, we admit our limited vantage point and speck of vision has allowed us no way of seeing any solid ground as yet.

Most of us are getting "dead-tired" of war-conditions. Writhing war-mongers make us "sea-sick" and if we could, we fain would vomit up the whole sorry mess. This war is coming pretty close to "home". Its unpleasantness, not to mention its tragedies and dangers makes our main interest some way to win the victory that would enable us to travel smooth waters once again.

We all want VICTORY and we want a PEACE THAT WILL ENDURE. But we question -- are we headed in the right direction to get it? Myriad pilots fail to still our secret qualms and our deeper instinct searches for a lighthouse or beacon that would keep us from the rocks. Most of us know now that only an "all-seeing" Pilot can steer us safely through.

A lot of people afraid of ship-wreck are praying today for the first time. They are asking God to guide them and all that represents their particular ship through the waters safely. They also ask their Father to help them "win the victory" over their enemy. At this writing military victories and recapture of enemy occupied territory is causing praise and thanksgiving, and many feel their prayers are being answered.

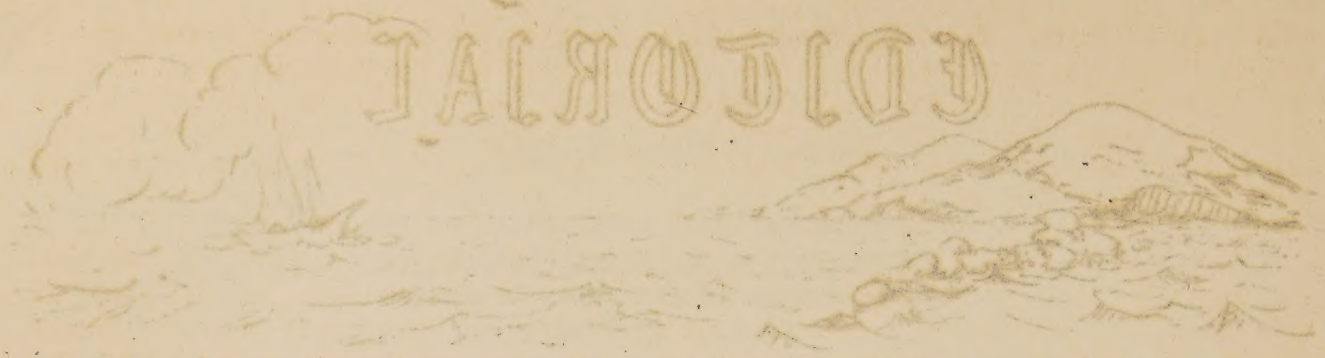
On the other hand there are many who ask very little of God but they are sure it is money, material, men and machinery that contain the coveted key to victory. Towards this end they are sacrificing their all. Many are making the supreme sacrifice in sincere effort in behalf of their beloved country and its ideals and are digging deep into material substance and sacrificial labor in dedicated service for the cause.

And yet with all our labor, material, power, and prayers, are we sure of a real VICTORY and if so, what will the post-war world be like? Will war and war-like methods ever bring peace? Can our side with all of its means and men really stem the tide of hate which will pour over us if the victory is declared ours?

We believe that all the means -- as well as the self-interested prayers of all our forces -- cannot bring about any true Victory of themselves alone. The Prophets have spoken in no uncertain language regarding those days in which "every stone would be overturned" . . . and when "men's hearts would fail them with fear". We are in that time and the storm is perhaps only beginning to rage at its worst. What is the answer and where is our help?

The man we idealize as the Father of our Country and whose birthday we celebrate this month was once faced with awful circumstances, with the darkest hour any

EDITORIAL



nation could know. The odds seemed all against him in his long and bitter stand. But he found the answer we mean. We all know that our country was saved because help came through that source. Helpless, nearly frozen, hungry and practically powerless bands of his men would have been vanquished and our cause entirely lost, but for Divine Providence which intervened. George Washington knew where to turn for help and it did not fail him.

But today we have POWER . . . we have MEN . . . we have MONEY . . . we have the greatest land in the world and our allies are numbered among the greatest in the world. Our situation is entirely different from our improperly prepared leader and his inadequate armies and supplies of those early days. We proudly expect advancement on all fronts. It is impossible to imagine "inferior races" or forces represented to be on the dark or evil side to win over nations apparently fighting for the Light or Good which we claim to be. We are confident, and then again we are wondering perhaps. Our conscience pricks in places and there are some who feel there is a real need for humility and an urgent call for the Spirit of Washington to return and guide us through what could prove to be our "Valley Forge".

For our greatest danger lies in EGOTISM . . . in PRIDE . . . in forgetfulness of our Divine Destiny. In building up a nation of means, we also have built up a consciousness of POWER. This is justifiable except that we have taken the credit to ourselves. We have been drunk with the wine from our own fruits and have forsaken the true Spirit for the "spirits" that bring delusion and debility in their wake. Our only hope is a spiritual awakening, a charge of that quickening Spirit that will restore vigor, wisdom and truth in our midst. Our only resource is the respect and love of God which the founders of our nation had.

There is much talk about this and many accept its logic and its hope. But to many it still means very little, although they are trying to follow its counsel and are praying or seeking God in their own way. However, no idle words or lackadaisical effort will be effective to perform the miracle of transformation necessary in this crucial hour. And it is time now we faced ourselves and performed a drastic change in our consciousness and ways if we wish to get headed in the right direction.

Jesus Christ is revealed to us as the "Pilot" Who knows the way . . . as the Ruler of Humanity that is really steering the ship for all who belong to Him. Our way, we have chosen is His . . . it is the Way of the Father, the Will of God, the Good of His Kingdom. We would listen to His direction for victory . . . lean on His Power for sustenance. And as we interpret His glorious Message, His Example and the Spirit of His Living Presence today we realize the key is LOVE. His weapons are HARMONY that overcomes, HARMONY that heals, HARMONY that adjusts and harmonizes all conditions, enmities or things of darkness.

HARMONIZED PRAYER — Harmonized Prayer . . . true prayer for UNIVERSAL GOOD . . . prayer based upon LOVE and lighted with the potency of His vital Presence . . . can and will win the victory . . . the only true victory there can be. We believe such prayer is a POWER . . . it forms an apostolate that releases LIGHT . . . that brings down from "above" the mystic fire and vibratory "miracle" that transforms the consciousness of men and transmutes the conditions not of God. We believe in the LIVING CHRIST JESUS and His Ministry of Apostles, Saints, Angels, and Hosts working through the invisible and visible planes to save the world. We believe that this "Second Coming of Christ" is imminent . . .that His Mystic Presence and Living Spirit is at hand . . . and that the NEW MAN of the New Age -- the CHRIST-MAN -- is now appearing among men . . . and that the Temple of Light, the real structure or Church of Christ which is made up of all Christed ones functioning in the true Spirit and harmonized through His Love is now being built as the foundation of the new civilization to appear.

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Ancient "Utopians" dreamed of a new world of scientific magic which would someday appear. Illumined modern dreamers see a NEW MAN that will function in a Heavenly world already a reality on earth.

The way is as our Master taught us. "Except we are born again, we cannot SEE the Kingdom of God." The way to live in the NEW WORLD OF GOD and under the rulership of Christ whose laws of grace transcend our human karma and whose power is mighty to restore order and dissolve all darkness . . . is to die to self and to be "born in Christ". It means to "surrender all". We go all the way by giving ourselves to God. We do not pray for "our side" to win . . . we pray that God's Plan be fulfilled . . . we pray for Universal Good to be released.

Our message is not based upon sectarianism or religious differences of a certain order or personality. It is founded upon but one Principle . . . HARMONY. Christ and Harmony are synonomous. One cannot know Christ except in harmony with God, in harmony with himself, and in harmony with his fellowmen. One cannot know Christ except through LOVE, yes even love of our enemies. For if any man is shut out . . . if there is any hate in our hearts . . . Christ cannot enter. For HE IS LOVE. He enters only where Harmony and pure Love is the law and the Presence.

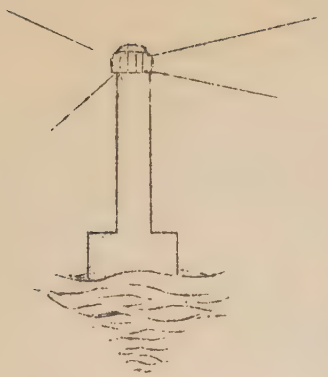
The way we advocate is HARMONIZATION . . . another word to cover an idea of Prayer as Jesus Christ taught it and practiced it. It means PRAYER with LOVE. It means prayer with a harmonized consciousness . . . the soul at-one-with His Father and Indwelling Spirit . . . prayer in harmony with the Spirit back of all life. Such PRAYER IS POWER. Such power is invincible. Its mighty influence can do more than all else combined to stop man's present "hell-bent" madness.

The text of this particular Harmony Digest -- the first of the Second Volume, which means the second year of its publication -- is devoted in large part to the theme of RENEWAL, ILLUMINATION, and the CHRIST MAN, together with the transcendental laws of Harmony which he must practice to function in the Kingdom of God and be a light in his world today. Its motif is LIGHT . . . its purpose is to quicken or to inspire the mind to look up . . . to SEE IN THE LIGHT . . . to see things AS THEY ARE. Its language is transcendental -- "fourth-dimensional", as it were -- for some it may seem too heavy or deep -- some may lay it down as impractical. But its call is to souls whose consciousness has already turned to the Light or whose minds are now in the process of feeling the quickening preceding "re-birth".

Our desire and prayer is for more enlightened ones to HARMONIZE . . . for the hope, it is said the "only hope", is for those who are in the Light to come together in unified prayer activity . . . to give forth more effort in devotions and the harmonization in the Presence. For the masses are too "hopelessly" drugged in deadly toxins of hate and the density of materialism to be of much value with their prayer or efforts in behalf of true peace. Only the selfless, illumined ones, who truly harmonize can build up the Temple of Light and allow enough leaven to pour through the body of humanity to cleanse and purify its aura. Only their united devotions can enable Christ to appear as the CHRIST OF HUMANITY.

May you have the supreme privilege of giving your life for this purpose . . . to "die to self" and live for Christ, although it might mean the supreme sacrifice as counted by the world, is the greatest joy and most precious opportunity any one may experience today. In that Light wherein we see "eye to eye" with Christ, and know our at-one-ment with each other through His Mind and harmonizing Love may we greet each other as friends in the Fellowship. We are strong through our unity and joyous through our friendship.

Beloved of God, may we be stronger than ever in our convictions of Christ --- may this year ahead prove a field for our Divine experiment to follow after His pattern more faithfully -- may we learn to LOVE more and know its real meaning, as we give more, serve His cause better, and accept His Harmony in our lives. We greet our friends aboard this ship and sail "above deck", out in the open where our vision is unobstructed, our Beacon Light clearly showing the way. And we are unafraid, victorious, and at peace in the "Still waters" where He leads us. Our pilot is Christ. Our anchor will hold. We rest and abide in His Love.



"LIGHTHOUSES OF TRUTH"

Lilian Rendall

In these latter days ye should know, for I have told ye, that ye must meet distress and tribulation. Where the Light of the Father's Indwelling has penetrated the physical and taken control of your consecrated bodily lives, using you to stand as lighthouses of Truth, of uprightness, and brotherly helpfulness, there will the darkness attempt to dim the "light," there will the foes of righteousness gather to destroy, there will the lie of evil seek to bring fear to attack your faith and trust.

When ye dwell in the "Light" of My Presence, and see and know that I place My Lighthouses with purpose near the rocks that can so harm mankind, when ye understand that just there ye are asked by Me to stand firm and shew my travailing Children My Light in need; shew to others the power, the strength, the stability The Father is able to supply you with, in times of stress and storm, then the Light you have to give, the strength you stand in, the height of your Light, and the help you can hold out in the midst of the storm can give proof of the Indwelling of My Father and your Father.

Yea and My chosen Lighthouses must teach the world that it is not the purpose of The Father to take His strong Children out of the sea of experience, but to guide and guard them in that sea and through that sea. Be it storm tossed or be it becalmed and windless, be it helpful to its voyagers, or be it full of distress and danger, agony and struggle, throughout it all He calls His Children to watch for His guidance to seek His "Light" that guards and warns and teaches and guides. He bids you learn and be wise by facing your difficulties, He bids you grow strong by your efforts and because of your struggles. He bids you grow confident, experienced and able by overcoming your obstacles, he bids you go forward through every danger and difficulty in the knowledge that HE IS IN YOU to overcome and pass through the dangers, because He would have you learn that it is HE Who fills your needs to accomplish all He calls you to do.

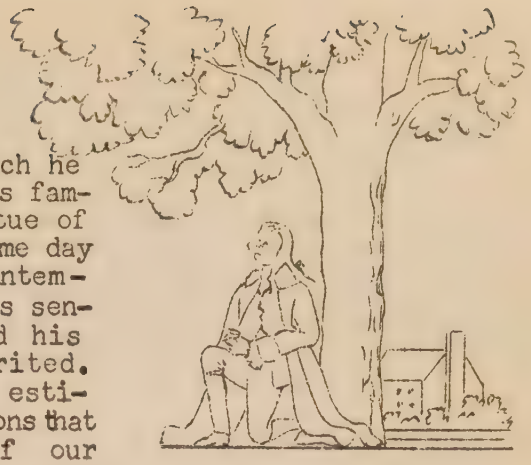
How often He does not answer your prayers to escape some crushing dread that fronts you, but He increases His divine powers within you to face it with courage, to overcome your weakness, to become strong in His strength, and you find you can work through the difficulty or trouble with powers you never knew you possessed .... with courage you felt lifting you over the hard places . . . and step by step, seeing Him Who is invisible, you find you conquer and grow strong in Spirit, and come through your trial carrying your sheaves of spiritual strength with you, for you now have learnt and become conscious of The Father's inward abiding Love and Help in such times of darkness.

Know then, My Children, that through these tests of knowledge, through such times of darkness, through such suffering and struggle are MY LIGHTHOUSES taught and tested, for their strength to stand strong through storms of every kind, and those who have proved their worth find they are filled with this inner "Light" themselves, for My Father is their "Light" and My Presence is with them. They are able to live in the joy of My Light -- darkness is not -- for from within they radiate the love-light of eternal helpfulness -- they cannot be moved for they are built upon a Rock and that Rock is Christhood. My Children be "Lighthouses" for Me in life's stormy seas -- be filled in Spirit with My Light and the joy of My Presence -- fear not the storms that toss around your lives -- for to those who have overcome can all things be given and made known, and in My Light ye shall see Me and be at rest within.

-- from "My Messenger"
address, Little House, Binfield,
Berks, ENGLAND.

WASHINGTON'S VISION

reprinted from "New Age Interpreter"



The prophetic vision of Washington in which he looked upon events yet to come to his country is familiar to all students of Washingtonia. By virtue of time's proof of its authenticity it will yet some day become a part of popular textbook history. Contemporaries of Washington recognized their leader's sensitivity to soul-plane impressions and treated his prophetic insight with the seriousness it merited. This feature of his genius has suffered in the estimates of the more materialistic-minded generations that have come and gone since those earliest days of our nation. It has been largely unrecognized. But a general recovery of a more adequate sense of spiritual values will bring the neglected aspect of Washington's response to inner-world impacts once more into its just and proper light.

The famous vision came to Washington at the time of his sorest trial during the dark wintery days at Valley Forge. The tension of the time, the agony of the days, the intensity with which he prayed for light and guidance, pierced, as it were, the veil that ordinarily screens the outer from the inner worlds. And so, ushered consciously into the plane where past, present and future meet, he beheld a wonderous panoramic unreeling of three major events in the life of his nation, one of which he was living through at the time and the other two for days yet to come.

Following is a brief summary of this notable incident as recorded by one who had learned it from Washington himself.

One afternoon when the General was in the privacy of his own apartment engaged in the preparation of an important dispatch, his consciousness was gradually shifted from this plane to another. It became completely centered on the inner planes where he found himself in the presence of an Exalted Being in a beautiful feminine form. Through her assistance he was to read and understand a portion of the Akasic Records pertaining to America's future.

The first of the three "pictures" had to do with the Revolution in which he was himself engaged. He beheld an angel scattering clouds of dark mist upon both Europe and America which later coalesced in the mid-Atlantic. Then the sinister cloud moved westward until this country was enveloped in its murky folds. This was followed by flashes of fire together with the cries and moaning of a troubled people. Gradually the cloud was withdrawn, the war ceased and general rebuilding and development commenced throughout the nation.

A further unwinding of the cosmic scroll revealed another crisis, that of the Civil War. A dark cloud over Africa was seen approaching and finally enveloping against brother in battle array. At length an angel appeared bearing the American flag and wearing a crown of light upon which was inscribed in blazing letters the one word, "Union". Again the cloud dissolved after which could be seen the extensive work of reconstruction and upbuilding of the nation from coast to coast.

In the final scene Washington beheld dark, ominous clouds move toward this land and presently overshadowing it completely. They came from three directions -- from Europe, Africa and Asia. In the darkened light that shone from this shadowy mass, vast armies were seen moving in many directions over land and sea. There was a vast devastation, and pitiable were the cries of the millions locked in mortal combat. The struggle brought almost complete exhaustion, but at this stage the appearance of legions of bright angels coming to their aid gave them free heart to renew the struggle and carry it to a victorious conclusion, whereupon a triumphant voice from above declared that while the stars remain and the heavens send down dew upon the earth, so long shall the Republic last.

It was for this high consummation that Washington wrought while upon earth and for this he continues to labor from the inner planes in order that the New Age ideals "shall not perish from this earth".

I believe that my MIND holds the key to the conditions that I wish to manifest in life. I believe that whatever idea I put into my mind and nurse GROWS, and therefore, the only ideas I will nurse are the POSITIVE ones of health, love, prosperity and harmony.

I believe that whatever I see God as doing through me and for me, the same He does. I believe that there is nothing impossible in God, and there are no difficulties in God. I believe my problems are already answered in God, and that whatever is to happen will happen, and that it will be GOOD.

I believe that God is helping me at every turn in the fulfillment of my positive desires, and that the Spirit of my Infinite Self goes before me making the way easy, opening up all doors through which I should enter and closing those doors through which I should not pass. I therefore trust that every day I am being lead in the right direction and that every thought I think, deed I do, and feeling I have is good and directed only towards positive results because I let God, my own Infinite Self think and do through me.

I shall treat all negative conditions indifferently, knowing that God who is responsible for my self-conscious life here will see me through everything, and that no matter what happens I am being protected and sustained through to the positive end. Therefore, I shall not fear -- no matter what happens.

I seek to have self-control at all times; to be patient, loving and kind; to be above all, tolerant of others; to be humble, knowing of myself that I can do nothing and knowing that in God there is only One Personality and that there is no inferiority nor superiority in God. I shall seek to let my Light shine upon all alike, as the sun radiates sunshine without prejudice or preference.

I refuse to be discouraged by appearances, and shall dismiss back into nothingness that which seems to come to bring me a sense of defeat. I shall remember when it seems dark, the periods of darkness I have already passed through; and that light always followed darkness; and that God saw me victoriously through all my difficulties in the past. I shall seek to remember the precepts and promises of Jesus Christ and to remember by thought and deed the 23rd Psalm and what it has done for me.

I shall trust in the spiritual law of justice and shall know that in apparent injustice, or defeat, the Lord God is Mighty to sustain me and to deliver me. At such times I shall not even seek to defend myself, but shall try to stand still and see the salvation of the Lord and be not afraid.

I shall daily commune with Christ, feel his loving Presence and ever seek to be a radiating Light for the Christ to heal through me all who come within my mental world.

I seek to always remember that no matter what success comes into my expression, no matter what the apparent personal glory I may have, or abundant flow of material possessions I may have for my own use, that I, of myself, did not earn them, but that they belong to God and I will always share with others.

Heavenly Father God, Almighty Presence, Eternal Christ, my own Infinite Self, help me to be true to this creed; to live up to the highest I know today and always; and to wish for all others the Positive Good I do now possess, and to always remember in word, deed, and thought the source of my Eternal Good. I do thank Thee.

(With special appreciation of my teacher, A. K. Mozumdar and the "New Messianic World Message" whose vital teachings have inspired me . . . and helped me to form "My Creed" Written in 1940 . . . unchanged since first extemporaneous writing.) -- first printing in Truth Review

"LIFE'S RENEWAL AND TRANSFIGURATION"

"The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants things which must shortly come to pass; and he sent and signified it by his angel unto his servant John:

"Who bare record of the word of God, and of the testimony of Jesus Christ, and of all things that he saw,

"I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ.

"I was in the spirit on the Lord's day."

Adapted from the booklet, "St. John and Life's Renewal" and
"Transfiguration of St. John and Revelations"
by Hanna Jacob Doumette

During various intervals and in the depth of our being, we often wish for newness of life. We long for renewal of our body, energy, understanding, healing, ideas, thoughts, opportunities and living.

One thinks if only I can live again, if only I can have another chance, if I can renew my youth, I will do differently, I know I will do better and greater things. The mistakes I committed, I will avoid. I will follow a wiser course of living. Even we point to our best accomplishments with the same wishful thinking.

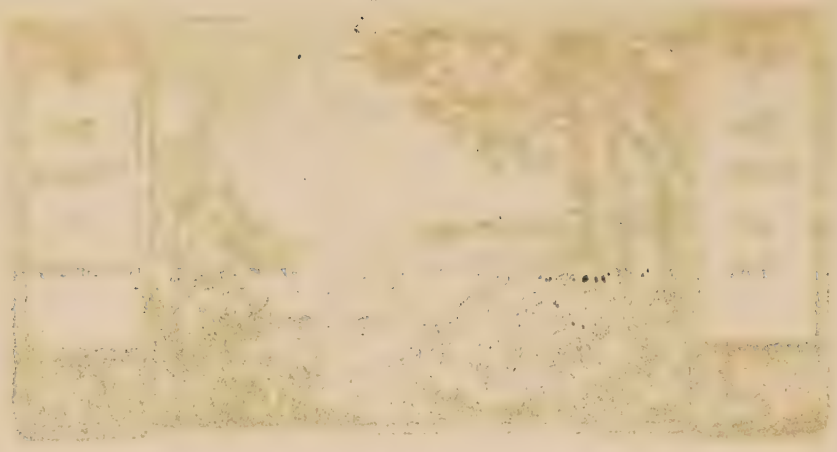
The power that renews

Evidently the spiritual might that renews life and creation is enthroned within us. Evidently the same power that renews the process of evolution, that renews the cycles, the years, the season, and the days, extends its unlimited empire to our being. Evidently, it rules as the Lord of life, as the potentate of regeneration. Doubtless, at a certain stage of unfoldment, at a certain degree of supreme human ripeness, this seed of absoluteness forms and bursts open in our very being. Suddenly and as by a prophesied miracle, omnipresence, omniscience, and omnipotence fill our entire life, constitution and consciousness, and we live after the pattern of the Spirit of Truth. Everything becomes new -- earth, Heaven, mind, soul, consciousness, world, and form are renewed in our being. This renewal is transcendent, supernal.

St. John the New Man

St. John experienced newness of life in a way that he himself became the new man. He was not a witness or onlooker of the new, but the call of renewal revealed itself in his mind, soul-consciousness and whole being. Through his exalted experiences, St. John was reborn as the man of the future, as the Christ humanity. In a miraculous way he saw the new world, the world that lives within us, but in the grammar of time and terms of space, it is the world to come. He beheld the new creation whose spiritual counterpart, whose archetype, is concealed in the Holy of Holies of the Higher Self.

When he experienced the sublime quickening of his deep and wealthy self, St. John was alone on the Isle of Patmos. He retreated to a cave, the cave of



the lonely, the renounced, the mystic soul. He lived in the grotto of those who were told by Divine Order (through the significance and uniqueness of their calling) to renounce all and to retreat to the inner recesses of their nature, and in the depth of silence to watch the ever-burning flame of supreme awakening, the celestial flame of the Holy Spirit.

At that time St. John was at the pinnacle of his life. He loved Jesus and his fellow disciples. He had eaten the sacred bread and had partaken of the Holy Wine with the Blessed Lord. He had learned Christ's Divine Wisdom. His last delivery burned always as a Heavenly flame in his heart. Jesus was taken away from him. He had seen the tomb and the signs of resurrection. He had seen Him and followed Him after resurrection. The sentence, "I will that he tarry, till I come", was translated to living and eternal substance in his consciousness. It was after these experiences and at the summit of this ripeness of being that St. John was on the Isle of Patmos. Evidently he was ready for supreme awakening and for sublime renewal of life in his soul, mind, consciousness, and personality. This renewal of life, that took place in his being, was also his resurrection as the witness of the new earth and new heaven -- as the witness of the Christ humanity. His Gospel, Epistles, and Book of Revelation are worthy witnesses of this transcendent spiritual quickening and renewal of life.

The time comes during which every spiritual and highly devoted being climbs up the mount of transfiguration. On the path to the summit one passes through various eminent and sometimes miraculous experiences. Finally he enters the spiritual kingdom of the initiates, of the great. At the summit, the peak of transfiguration, one knows the truth, beholds higher realities, communes with divine presence consciously and prepares his endless future according to his Eternal Name.

There were two great mediums for the meditative, spiritual quickening and the supreme beholding of St. John. The first was the crystal of a calm, peaceful and colorful sea, and the second was a stirred-up yet rhythmical phenomena of a highly teased, unruly, and overwhelming deep. When calm, subdued and peaceful, the sea is colorful, fascinating, soothing, healing and liberating. The peaceful sea awakened the inner life, the celestial qualities, and the universal purpose of living in the intelligent consciousness of St. John. By concentrating upon that serene and peaceful body of colorful water, St. John became receptive in his mind, soul and consciousness. But when the sea is stormy, rolling its waves and clashing against the sand and rocks, it causes the soul to hold to its own, to declare positiveness, to speak the word of might and to utter the Name of the Almighty. The stormy sea wrought into the consciousness of St. John a cosmic expression of the deep, and translated to him its natural relations to the solar system, the sun, moon and various planets. This stupendous and overwhelming rush of the sea conveyed to the soul of the Christian Saint a certain mysterious rhythm and harmony that are hidden in the unfathomable depths of nature. It informed him of the concealed might of the soul of man that must come forth through lawful expression. It translated to his mind and soul, and revealed to his vision the wisdom and universal magnetism that underlie this planet and are stored up in the solar system.

In the peaceful period, by watching the gentle and subdued waves, he inhaled and exhaled the rhythm, beauty and harmony of life. He felt as if that gigantic body of water was finding a direct way to his being and merging in to his soul. In becoming one with the grand and complete drama of nature, St. John was purified and exalted in soul and consciousness. His destiny was transformed to the Holy Spirit and his spiritual nature was resurrected. Divine Presence never leaves us as it finds us. Thus besides experiencing the holiness of life, he read all that is in the song of creation. He deciphered all that was in the store-house of the future. His gospel speaks plainly of his exalted consciousness. His epistles affirm his Christian transformation and the Book of Revelation is a witness of the renewal of his life, the purification of his soul and the resurrection of his intuition -- his transfiguration.

Two paths or destinies

When one is in solitude and finds himself in the inner recesses of nature; when companionship is taken away and various personalities together with their wealth and trials are removed; when one finds all that supplied him with environment and well-being is not at hand, the foundation that supports him disappears. He faces two different paths or destinies. He is apt to revert to the instinctive man and sink to the valley of the lesser self or he may soar in the horizon of spirituality and bring forth the power, wisdom and dominion vested in him.

In his persecution and solitude, St. John found himself riding the chariot of a true disciple of Jesus, the Christ, and driving the four horses of the higher initiates; inner sight, inspiration, enlightenment and intuition. Through the majestic and transmuting aura of the Christ Self, St. John forgot his personal self and world, and the Eternal Self rose in him. His human qualities, egoistic attributes and earthly personality, that were in the making through myriad of years, disappeared and instead appeared the soul of spiritual righteousness and grace and the redeeming love of the Christ. John was no more, instead the Christ personality animated his entire being. Divine Mind, spiritual seeing, hearing and knowing composed his understanding, coherence, conception and intuition.

A door was opened in Heaven and the Voice said: "Come hither." St. John was called to the higher heaven to gaze into the mystifying crystal of the future. Immediately he was in the Spirit, and ascended. He beheld the Throne of Glory and upon the Throne was a Divinity whose celestial splendor surpasses all understanding and seals our human description. He beheld the heavenly presence of the mighty and righteous ruler of the entire domain of invisible and visible existence. In awe and worship, he gazed upon the life of the Father made manifest in the Spirit Christ.

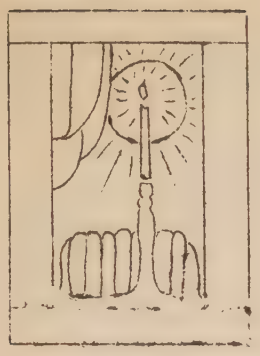
The master-artist of Divine Revelations painted to our discernment a vivid and inspiring picture of the beauty of heaven, of the future of humanity and of things to come. Although he was told to record certain things and others to omit, St. John was not able to draw his celestial experiences on the canvas of the physical consciousness. The experience of his spiritual quickening and the eternal wealth of his heavenly vision shall remain the divine and untold mystery of his life as the beloved disciple of the Blessed Lord. Of course both the exaltation of his nature and the cosmic truth that was revealed to him are above being captured by the intellect and stand aloof and mighty, far above the current of human utterances. Their astral form, spiritual beauty and divine meaning shall remain the property of the kingdoms of the Lords. The immeasurable wealth of the Gospel, the epistles and the Revelation of St. John and his holy and innermost experiences shall remain as heavenly substance secreted in him, as an eternal part of his spiritual being.

(Note: The meditations for unfoldment particularly recommended for this month are found in "Rejuvenation -- Regeneration" -- published by the Christian Institute of Spiritual Science, P. O. Box 800 . . . Santa Monica, California. 2 booklets, 10¢ each. The booklet from which the above article was quoted -- "St. John and Life's Renewal" is 35¢. The Librarian of the Harmonization Fellowship can supply any of our readers with the books of Hanna Jacob Doumette.)

MEDITATIONS FOR REGENERATION

Regeneration of the Physical Form, the soul, mind and ego . . . spiritual re-birth

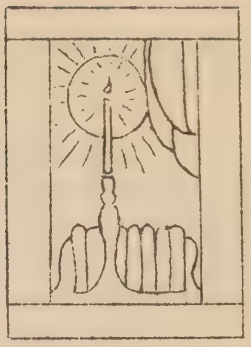
I REALIZE THE SPIRITUAL POWER ALIVE AND CREATIVE IN MY FORM, BRINGING FORTH COSMIC QUICKENING, REJUVENATION AND REGENERATION. . . . THE HOLY SPIRIT LIVES IN MY SOUL. I EXPERIENCE PEACE, CALMNESS, AND INFINITE GOODNESS. . . MY MIND IS A CREATIVE LIGHT AND WILL OF THE ALL SPIRIT. IT IS INFINITE IN ITS NATURE, FREE AND INTUITIVE. . . SPIRIT, MIND, SOUL AND BODY I AM ONE WITH GOD. I AM ONE WITH HIM WITHIN THE SELF, AND IN THE WORLD.



THE VISION THAT GLORIFIES

Henry Victor Morgan

reprinted from "The Master Christian"
402 North Eye St., Tacoma, Washington. (3)



I have had a great experience. On Sunday morning, December 31, 1944, at the regular service in our church, I announced a New Year Watchnight Healing service would be held in the silence of my study at home. All were invited to come in spirit and bring with them all whom they would have helped. On the wings of spiritual telepathy I sent out a universal call to the whole world saying, "Whosoever will may come."

Alone in my study with my lighted globe before me, around me the pictured faces of many of my great teachers, on the library shelves copies of their well used books, I waited. As the midnight hour approached, I was caught up into vision. I could vividly understand what the apostle John meant when he spoke of being in the Spirit on the Lord's day.

I have tried to describe similar experiences in my poem

OMNIPRESENCE

On our journey through the unknown
There are moments heaven-given,
When, the soul with nature blending,
We are lifted from sense prison
And the ages seem as shadows;
All that has been stands before us,
All that will be present to us,
Every bush with God is burning.
Every wind a message bringing,
Every mountain chanting, singing
Of the purpose of the ages
Writ on nature's throbbing pages;
And the souls that have beheld it
Know of things that are divine --
Poets, prophets, seers, sages
Speaking words that outlast time.

It is impossible to describe such an experience in words. Having done my best I am constrained to say,

My thought is but human and never
Can bring to your heart the right word,
But listen, perhaps in the silence
You may hear what my spirit has heard.

Enough to say that in this state of consciousness it is easy to preach the gospel to the whole world. Sometimes I call it the song of the silence, and again, wandering round in the Mind of God. But this I do know, it is while in this state of consciousness that miracles are born. Nothing seems impossible. Emerson sees it and says, "Ineffable is the union of man and God in every act of the soul." Recently my soul thrilled to the call of a Methodist preacher who said, "God needs you

as much as you need God." I covet for every reader of this lesson a glance, at least, into this world of reality and deeply pray that this New Year will bring it to you.

What enormous claims Jesus made for all his disciples. They were to be the lights of the world: they would go into all the world and preach the gospel to every creature, and grandly he assured them that "the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father." Was ever a promise so alluring? Was ever fulfillment so great? The very villages they visited still shine with celestial glory.

My Watch Night experience hovers round me like a dream; but in my heart I know it is more than a dream -- it is the only reality. I am still afoot with my vision. Often the people I meet in the street seem to reflect the glory I beheld, and to be lifted up and strengthened. So, again I say,

'Tis well to dream, and dreams I praise
When they give gladness to our days,
And fit our lives for duty's ways.

In his great sermon, "Visions and Tasks," Phillips Brooks tells us that our supreme object should be to bring the highest vision to the lowliest task. The sermon is founded on the story of the transfiguration. Jesus had taken three of his disciples up into a high mountain apart by themselves and was transfigured before them. We are told that even his raiment became shining, white as snow, and that Moses and Elias appeared and talked with him. The disciples were so enamored of the vision that they desired to remain, and to build three tabernacles there, but Jesus led them down from the mountain to where the multitude was waiting, and where there was work to be done. There he healed an epileptic boy. This is what Phillips Brooks calls bringing the highest vision to the lowliest task. Our intercourse with the invisible should make us masters of the visible.

Will our anchor hold?

Today we are facing stern realities. Will our anchor hold? In the presence of the brute noise of war shall we let the dream of world peace through Christ enlightenment vanish into nothingness? Or shall we rise on the wings of faith above the sea of angry thought and become ministering spirits, praying alike for friend and foe till all God's healing love may know, and then demand a peace that shall be for the final good of all people! Never has my own heart been so deeply stirred. Never was a time when I understood so fully what must have been in the mind of the Psalmist when he cried out, "I had fainted unless I had believed to see the Goodness of the Lord in the land of the living."

I thank God that I have shared something of the ecstasy he must have felt when, after reaching God's right hand in the darkness, he adds, "Wait on the Lord; be of good courage, and He shall strengthen thy heart; wait, I say, on the Lord."

Again it is Sunday night. A week of the New Year has flown. At the morning service in church I told my people something of my Watch Night experience. My subject, "Alway Rejoicing" was taken from Paul's magnificent declaration (II Cor. 6:10): "As sorrowful, yet alway rejoicing: as poor, yet making many rich: as having nothing, yet possessing all things."

Once more I quote from the words of my beloved wife, the late Adda Laine Morgan, words written while she was still living in the full strength of her glorious womanhood: "Life would be very sad to me if I had not a full assurance that our loved ones gone from our sight can reach beyond the veil, and that in moments of silence we may feel the touch of a vanished hand, and hear the sound of a voice that is still. While on our part it is given us to pass the barrier through prayer and help them on their shining way. We can never do this by grieving. We must be strong in spirit and send them forth rejoicing."

Recently I have seen this high teaching put to the test. One blessed woman,

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a member of our fellowship, frequently passes our home on her way to church. One day, some years ago, Mrs. Morgan remarked, "She always looks as though she were thinking about God." This woman is a devoted mother, one of the most loving I have known. Her son has paid the supreme sacrifice. She still passes our home. She still looks as though she were thinking about God. She and her husband have both felt the touch of a vanished hand, and have heard the sound of a voice that is still. They know from experience that

There is no death for those whose eyes
Look upward to God's glorious hills;
Nor life nor death can separate
Hearts that the Father's presence fills.

By assuming this attitude these devoted parents are not only a joy to their friends, but are helping their beloved son in whatever new experience he may be passing through in regions beyond their sights, and they are also invisible helpers to all who are passing through similar experiences.

Sunday, January 14th. The morning service is over. The subject of my sermon was "God and Company, Unlimited," the title of a book by Dr. Frank D. Adams, to whom God has given rare glimpses into the depths of our possible life in the spirit, and who is able to convey them to the man on the street.

. . . As I looked on the audience this morning there was not an ordinary person there. All were members of God and Company, Unlimited. I recalled Whitman's words, "I know I am limitless; in vain I try to think how limitless." I thought of the people in all parts of the world who were listening in on this service for help, and I could say to each, visible and invisible, "I know you are limitless in God." It is the healer's vision. Let us cherish it through the year, through life, and beyond.

THE COSMIC MAN
Glenn Clark

The man who gives himself to the greater forces of Infinity puts himself in tune with powers of the Infinite. Being in harmony with the great Power to Conceive Truth he himself becomes the Power to Conceive Truth. Putting himself in tune with the Great Creative Energy, he becomes the Great Creative Energy. For the truly great man, the colossal man, the God-channel man, knows himself to be All Infinite Life conscious at one point.

Such a man is greater than his body, greater than his mind, greater than his personality. He is greater than any picture that can be drawn of him and greater than any description that can be written of him. If we should try to use the language of this mechanical age to describe him we should have to say that in him the charge is greater than the battery. The plain language of the human tongue commonly used to describe and express such a man is always inadequate. As naturally as an oak emerges from an acorn, a myth grows up to take into account and properly describe him. And no matter how great the myth it will forever fall short of expressing the full measure and stature of the True Man, who is at one with all the Infinite powers in the Infinite Universe.

There is no preventing such a man from gaining in stature after his death, and the greater his attunement with the Infinite the greater he gains. This explains why Lincoln grows and continues to grow. This explains why Jesus of Nazareth will have no limits to the ever expanding activity of His influence over the hearts and souls of men. In Him we find the perfect union of the human and the divine. The Great Leader prayed for may turn out to be a very simple man so emptied of self that the world may be tempted to pass him by, but so full of Christ that he will be remembered as long as the most cherished disciples of Christ will be remembered.

-- from "Clear Horizons"
Macalester Park Publishing Co., St. Paul, Minn.

AMERICA AND HARMONY

AMERICA'S RELIGIOUS HERITAGE

Harry F. Atwood

From "Keep God in American History" . . . . a splendid appraisal of America's Spiritual destiny.

-- condensed from the article in "Clear Horizons", January, 1945, issue.

The proudest heritage of this country is that all through its history there has run, like a golden thread, a deeply religious strain. It would seem that our great leaders in the past have sensed the sublime truth which Dr. Frank W. Funsaulus phrased so strikingly when he said: "Statesmanship is seeing where Almighty God is going and then getting things out of His way."

Bishop Frank M. Bristol, referring to the Discovery of America, said: "When it is remembered that Columbus desired to spread the gospel to the uttermost parts of the earth, that his expedition of discovery was begun in prayer, that he insisted upon the worship of God as one of the duties of the ship's company, that after a voyage of seventy days on an unknown sea the sight of the new world was greeted by the exultant sailors with 'Te Deum,' that magnificent thanksgiving to God, that Columbus sprang upon the new world, planted the Cross and knelt in prayer; and when the history of America is remembered from that hour to this, the Christian thinker sees in it all the hand of God, leading a devout genius to the execution of a Divine plan."

The great theologian, dear old Dr. George Northup, once declared: "God Almighty writes a legible hand." All over the walls of this republic we find the handwriting of God. More, far more than any other country, we have been essentially a religious and God-loving nation; and it is that fact more than anything else which has put character into our statesmen, courage into our soldiers, justice into our government, and conscience into our people.

The historic Mayflower Compact, signed in the cabin of the little vessel which brought the Pilgrim Fathers to America, begins: "In the name of God, Amen. And having undertaken for the glory of God and the advancement of the Christian faith --" Those are the opening words of the first State paper ever adopted for the government of a community on American soil.

The writing and adoption of our Constitution was unquestionably the greatest and most important human achievement since the Creation, and as an event it ranks in history second to the Birth of Christ. That marvelous body of men met day after day for four weeks and had not agreed on a single sentence or a single word. On the last morning of the fifth week, in the midst of a very heated discussion, they were about to adjourn and abandon the great purpose for which they had met, when Benjamin Franklin, perhaps the wisest man in the convention, mature in years, ripe in wisdom and consummate in tact, arose, and, addressing George Washington in the chair, spoke as follows:

"Mr. PRESIDENT, the small progress we have made after four or five weeks' close attention and continual reasonings with each other, our different sentiments on almost every question, several of the last producing as many noes as ayes, is, methinks, a melancholy proof of the imperfection of the human understanding.

"In this situation of this assembly, groping, as it were, in the dark to find political truth, and scarce able to distinguish it when presented to us, how has it

happened, sir, that we have not hitherto once thought of humbly applying to the Father of Light to illuminate our understanding?

"I have lived, sir, a long time; and the longer I live the more convincing proofs I see of this truth, that GOD GOVERNS IN THE AFFAIRS OF MEN. And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid? We have been assured, sir, in the Sacred Writings, that 'except the Lord build the house, they labor in vain that build it.' I firmly believe this; and I also believe that without His concurring aid we shall succeed in this political building no better than the builders of Babel; we shall be divided by our little, partial, local interests, our project will be confounded, and we ourselves shall become a reproach and a byword down to future ages. And, what is worse, mankind may hereafter, from this unfortunate instance, despair of establishing government by human wisdom and leave it to chance, war, conquest.

"I therefore beg leave to move:

"That hereafter prayers, imploring the assistance of Heaven and its blessing on our deliberations be held in this assembly every morning before we proceed to business, and that one or more of the clergy of this city be requested to officiate in that service."

And from that moment they began to make progress in the framing and adoption of that fame-crowned document, which Gladstone asserted was "the greatest piece of work ever struck off at a given time by the brain and purpose of man."

George Washington wrote to Governor Trumbull of Connecticut: "I can almost trace the finger of Divine Providence through those dark and mysterious days which led the colonists to assemble in convention, thereby laying the foundation for peace and prosperity, when we had too much reason to fear that misery and confusion were coming too rapidly upon us."

Someone on a certain occasion said to Abraham Lincoln: "I hope God is on our side," to which Lincoln replied: "My concern is not so much whether God is on our side. My great concern is to be on God's side, for God is always right." Lincoln based the great issue of this Republic upon a text taken from the Bible, "A house divided against itself cannot stand."

In his farewell address to his old neighbors at Springfield, he said, among other things: "Today, I leave you. I go to assume a task more difficult than that which devolved upon George Washington. Unless the Great God who inspired him shall be with and inspire me, I must fail; but if the same Omniscient Mind and Almighty Arm that directed and protected him shall guide and support me, I shall not fail! I shall succeed. Let us pray that the God of our fathers will not forsake us now. To Him I commend you all. Permit me to ask that with equal sincerity and faith you will invoke His wisdom and guidance for me -- the Great God who can stay here with you and go there with me and be everywhere for good!"

With the dawn of the twentieth century came the age of egomania and the hydrophobia of human self-assertion. The first personal pronouns was substituted for reliance upon Divine Providence, Personalities took the place of principles, demagogues replaced statesmen, rhetoric was mistaken for reason. And effort was made to remove "In God We Trust" from our coins, and epithets of denunciation took the place of a thorough understanding of the spirit of our institutions.

We have been drifting from the guide-posts of a Republic towards the danger signals of a Democracy, from constitutional restraints toward emotional impulses. This innovation has not been confined to any party or any country. It seems to have been general, and every twenty-four hours confusion of thought becomes more confused, chaos grows more chaotic, and the crowd increases in mob-mindedness. It is humiliating to dwell upon the deplorable aspects of the political life of this country during the last years as have drifted toward class consciousness and appeal to the mob mind.

But we must have faith that America has neither abandoned God, nor been abandoned by God. The same Divine Providence that watched over the founders of this Republic, that guided them in the framing of our Constitution, is still with us to guide and strengthen us. There is need of a penitent return to reliance upon Divine Providence, both in attitude toward that matchless document wrought out in prayer and faith; and in sublime trust in the beneficent guidance of Almighty God.

The only foundation for national greatness --

QUICKEN THE SPIRIT WITHIN YOU

Condensed from an address by the Rev. Dr. Peter Marshall, Pastor of the New York Presbyterian Church, Washington, D. C. reprinted in part from "The Reader's Digest"

A nation obedient to the laws of God would lead the world. America's future depends upon her accepting and demonstrating God's government. We have the genius and the skill, the political forms, the wealth, the natural resources, and the ability to lead the whole world into a bright new tomorrow in which the hopes of the human heart may be achieved, and our desires and prayers all realized. There can be life, liberty and the pursuit of happiness available to all men, regardless of their race or their color.

But we as individuals must learn to let God guide and control our hearts. He can guide and control the heart of every individual -- in government, in business, in labor, in management, and in the home. In every situation, men can know the will of God, know exactly what they should do and be. God's guidance and God's power are always available. When men listen, God speaks. But America cannot follow God's plan until we -- you and I -- as individuals follow it.

There are evil forces within the nation. Love of self, love of power and authority have enslaved the hearts of many Americans. Our moral standards have been lowered -- and no nation makes progress in a downward direction.

Must decide between materialism and God.

The old-time evangelists used to stress hell. People no longer believe in hell -- although they still mention it frequently, in their conversation. But today we are living in a time when enough individuals choosing to go to hell will pull the nation down to hell with them. The choices you make determine the way America will go. We must decide between God and materialism. We must decide quickly who is Chief -- whom we will serve!

Millions of people in America live in moral fogs, in spiritual twilight. Modified immorality, on the basis of cleverness, guides millions of people. Modified dishonesty, within the letter of the law, is the practice of millions more. Yet our country is filled with people who are satiated with the materialistic philosophies that fill our stomachs and starve our souls, that supply gadgets while we forget God. The time has come, because the hour is late, when we must decide; and the choice before us is plain; Christ -- or chaos; conviction -- or compromise; discipline -- or disintegration!

. . . Let us be honest about it. If we have thrown away our national heritage, if we no longer believe that this nation was founded under God, if, contrary to what is stamped upon our coins, our trust is not in God but in something else, let us say so. Let us at least not be hypocrites.

The challenge of these critical days is that we begin to be truly Christian in all our relationships -- or stop pretending. We are fighting for total victory, but we shall never achieve total victory unless we fight for total Christianity.

"Choose ye this day whom ye will serve." For it is an imperishable verity; "No man can serve two masters. Ye cannot serve God and mammon." That is the choice America must make, we must choose God -- or go to hell!

THE TEMPLE OF SILENCE

Harriette Augusta Curtiss
F. Homer Curtiss, B. S., M. D.

-- Adapted from the book by this same title
published by the Universal Religious Fellowship,
5130 Connecticut Ave., Washington, D.C.

There is a mystic and holy Temple of Silence, the Soul of the Universe, where in the hush and stillness of Being the Divine Potency touches and commingles with substance, and from this commingling is brought forth that which shall manifest in all worlds. In its very heart is Silence, the Silence of intense vibration, so rapid that all seems motionless and at rest. This Silence is vibrant with life, thrilling with the creative force of that which is to be. Here, in the Womb of Creation, reigns supreme the embodiment of Divine Love, the Bringer Forth of all manifestations in cosmos, nature, man.

The earth, too, has its Temple of Silence, in whose sacred atmosphere she perfects the miracles of that which she brings forth. Man also must find his Temple of Silence within his own heart. For he, too, is a miracle-worker, and must learn to know his Inner Self ere he can become the great magician who shall perform his wonders in the inner sanctuary of the Silence and bring them forth in his life.

But only when man's heart is turned from evil, when his mind is free from vile imaginings, when his lips are purified from speaking iniquity, his ears closed to tales of slander, his eyes turned from the enticements of the senses and his feet shod with the everlasting understanding of the indwelling of the Christ, only then can he don "the glorious robe of His strength" and fully enter the great creative Temple of Silence.

Silence that is Peace

Only in the Silence that is peace can we find our Real Self, the source of all our strength and power, "the Master whom thou feelest but whom thou hast not seen." Therefore, must we consciously enter the Temple of Silence and do homage to the Lord of Life, "if of Self thou would'st be the knower."

There is no problem that cannot be solved, no question that cannot be answered if we truly enter this Temple of Silence and ask for guidance. For here, before the altar of this inner Temple, the All-Father will send His Light direct into the heart of every true worshipper at this inner shrine.

Only within this Temple of Silence can the Within receive, grasp and understand the wireless message from the Father-Mother. Thus does the God-within transmit the message to the outer consciousness; for the personal God-within is the intermediary or ambassador between the impersonal, omnipotent Godhead and its earthly embodiment, the human personality.

Spiritual Atmosphere The spiritual atmosphere of the creative God-consciousness, the Real Self of the Universe, of nature and of man, may be likened to the air we breathe. The air belongs to all alike, but is ours only to the extent that we take of it from the universal supply.

All men breathe and the air supports their animal life, but only as man learns the laws of breath and consciously uses them does it become an important factor in his higher life, as well as in a more perfect physical life.

So is it with the all-pervading Divine Essence. It becomes individualized in us only as we understand its laws and consciously breathe it into our lives. And because it is a Divine Principle it contains all Wisdom, all Power, all Life and all Love, and yields these forces to each heart to the extent that each correlates with it. Hence it can no more be monopolized by any individual than can the air we breathe, for each has access to it.

Entering the Silence When we would enter the Silence let us think of a door opening slowly, smoothly and silently. As it opens see a radiant Light pouring forth. As this Light streams down the Path it reveals to us things of wondrous beauty where before all was dark and desolate. We may have thought we were alone, but in this illumination we now see the faces of our brothers and sisters, for they, too, are upon the Path.

Now we see in our fellow pilgrims earnest endeavor where before we saw but ignorance too dense for notice. We see true brotherhood and understanding where we saw but selfishness and pride. But let us not stop here, wonderful as this revelation of brotherhood may be. This is but the threshold. Here must we leave behind all thought and enter into realization. Thought is no longer needed.

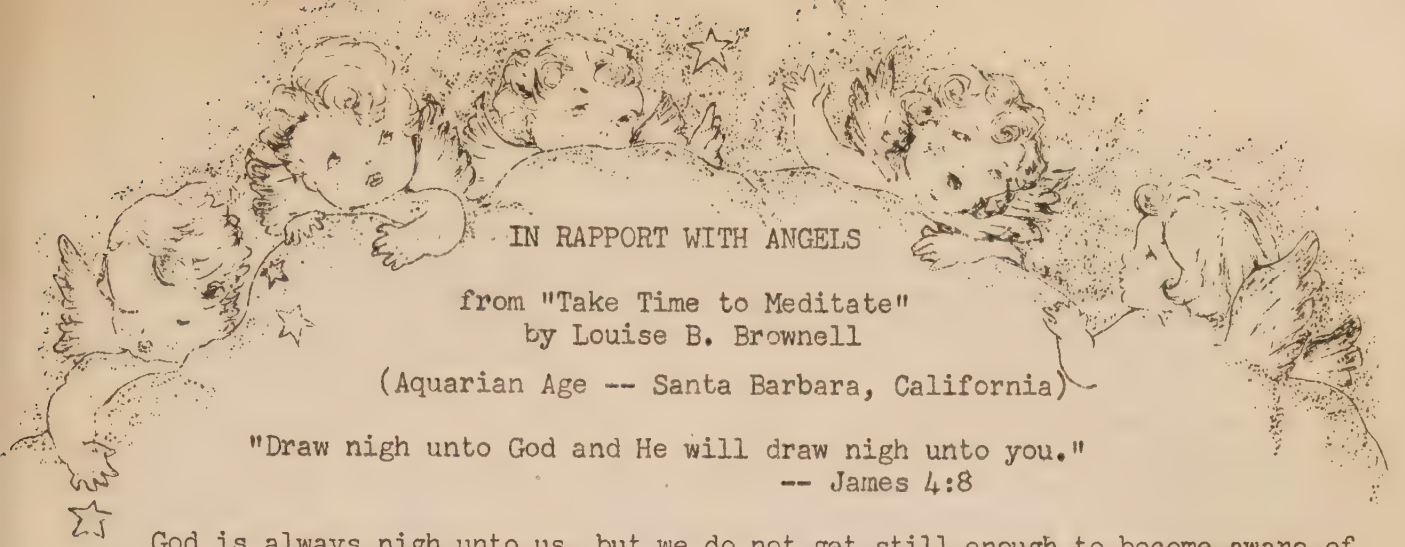
When we have entered the realm of pure knowing, of Divine Reality, let us step across the threshold if we are qualified, and humbly take our places in the Temple of Silence. We will find ourselves one in consciousness -- each according to his own phase of development -- with a vast multitude which no man can number, gathered from all peoples and nations and kindreds and tongues to worship at the shrine of the Christ.

Some may see this glorious company of the Saints. Some may hear the Psalms of Life like a mighty chorus of many voices of surpassing sweetness. This choir is made up of the songs of thanksgiving and praise that each heart sings as it finds itself a worshipper in the Temple of Silence.

Music of the Spheres Others may hear the Music of the Spheres, the stately rhythmic cadence of the stars and planets as they follow their appointed ways through space. Others may but feel the presence and receive the comfort of the perfect harmony and oneness of all. Still others may seem to be clasping hands with a band of fellow Disciples which reaches around the world.

But all will feel the waves of spiritual life-force bathing and filling them. Here will spiritual realization illuminate our consciousness, for we have become one with the Knower and can drink at the fountain-head of wisdom.

The Great Silence is ever striving to manifest its harmony and express the Psalm of Life through us; but so often we strike notes that are not in tune, chords of ambition, self-aggrandizement or discouragement and despair. Yet in each and every experience he who listens with the ear of the Spirit will hear an undertone made up of the true creative notes of HARMONY. Listen for these true notes. Pick them out from among the discords and let them sing to us of the Divine Love of Truth which we are striving to manifest and which we can hear when we keep the Silence in our holy temple.



IN RAPPORT WITH ANGELS

from "Take Time to Meditate"
by Louise B. Brownell

(Aquarian Age -- Santa Barbara, California)

"Draw nigh unto God and He will draw nigh unto you."
-- James 4:8

God is always nigh unto us, but we do not get still enough to become aware of His Presence, nor do we stop to listen long enough to hear the Voice of the Spirit for guidance and direction. The daily quiet time with God -- God's Half Hour -- is our opportunity to prove the above promise.

Meditation elevates the spirit toward God and His Kingdom and develops intuition and the assurance of guidance. It keeps one in attunement with those high on the Path of Realization, the higher Guardians or Ascended Masters, who are helping our spiritual evolution. The Christ spoke of these as the Angelic Host. David who was a man of great spiritual vision (though he had many human frailities) tells us, "He shall give His angels charge over thee to keep thee in all thy ways." The Bible is full of references to the angels, perfected souls, who are helping to lift and bless all aspiring souls.

In Rapport with Angels

Meditation brings about atunement with higher planes. In the Silence we raise our vibrations by looking Godward, and thus increase the light within us, and this extended radiance in our auras is seen and sensed by Masters from afar. Meditation keeps us in rapport with the angels and perfected souls, so that we are more receptive to their guidance and teaching, helping us to grow in spiritual wisdom and understanding in this wonderful life-experience God has given to us. With their larger vision they see into the causal plane, and should danger confront us, which we do not see in our limited vision, they often give us the necessary warning and wisdom to avoid it.

The command is, "Be still and know that I am God." The Divine Master said -- "The Kingdom of Heaven is within you." Only in the Silence can we find it, and through our enlarged consciousness make it a reality to others.

MEDITATION

As the flower opens its petals to the sun rays, so may the petals of my being (my heart and every cell of my body) open to the Glory of Thy Light and Presence, ever shed upon me.

Make me, O God, as responsive to the Sun of Righteousness ever shining upon us, thy children, as all Nature is to the sun, and may Thy Radiance shine through me undimmed through all eternity.

In the Silence the Holy Spirit descends on me like a dove. I am filled with Peace and Joy and Inspiration. The Lord is my redeemer, and is now lifting me out of all sin and sickness, decay and death.

I AM filled with the life of the Spirit now and always.

In more fully expressing the Light which is within me, others seeing that Light, will clear the windows of their souls, that His light may shine undimmed through them also.

Help me, O God, to remember always the words of the Master: "Ye are the Light of the World!"

LIGHT

reprinted from The Fellowship Messenger

"The Lord shall be unto thee an Everlasting Light, and thy God, thy Glory."
-- Isaiah 60:19

As in the morning one raises the shades and throws open the windows to let in sunshine and air, so must we at all times, our attention being centered on God, as the Great Light and fadeless Glory of all creation, open ourselves to His Divine Brightness that it may illumine us within, and that His Glory may fill our entire being -- spirit, mind and body.

But we also must have in mind the purpose of this Divine illumination -- the work which it is to do in us. It is not that for a time we shall be lifted up out of confusion into peace, out of sickness into health, or out of sorrow into joy. Rather, the great purpose is that by the cleansing power of the Light Divine, every impurity which is within our hearts shall be dissolved and destroyed. It is that every shadow of sin, every lust and hate and evil habit -- every unlovely thought and negative attitude of mind shall be overcome and cast out, never to return.

And, too, the purpose of this shining is that the light of love, and purity and peace shall be so fully fixed in us that we shall indeed "rejoice and be glad" with that joy of the Spirit which "no man taketh from you," and that our lives in their every part shall be shaped anew according to the Christ pattern.

Yet as this Light comes to us, and enters in, and performs its transforming work, it places upon us a sacred obligation. This is that we shall become radiant centers through which this Light may shine out into the world about us. He who gives His Light to us to cleanse our hearts, to bring forth peace, joy, health or plenty in our lives, demands that we, in turn, shall act upon the Christ command to "Let your light shine." To fail in this is to cause His Light in us to become dim and powerless.

In our times of daily Prayer and Meditation, let us employ our visioning faculty to behold the pure white Light of God illumining the inner self of all our friends and fellow students everywhere, knowing that they, in turn, are thus beholding us. So shall their thoughts and ours become united to do a creative spiritual work by which we all, and also all the world, shall be richly blessed.

(-- Christian Fellowship of Prayer, P. O. Box 706,
St. Petersburg, Florida)

THE SELF-REVEALING LIGHT

by Lillian DeWaters

(Excerpts from the "I AM THAT I AM" series-- a textbook on the Absolute.)

When we rise in vision, and in the perception of the truth of things as THEY ARE, we see that we are eternally one with the Father, through the Son, hence, eternally in the Father's house, never having departed from it. Any contrary beliefs are like dreams or mistakes, -- no truth abiding in them. Really, we have never lived outside the kingdom of Heaven. When we actually perceive this to be so, our whole outlook changes from a state of mortal seeing to the viewpoint of the redeemed state of awareness.

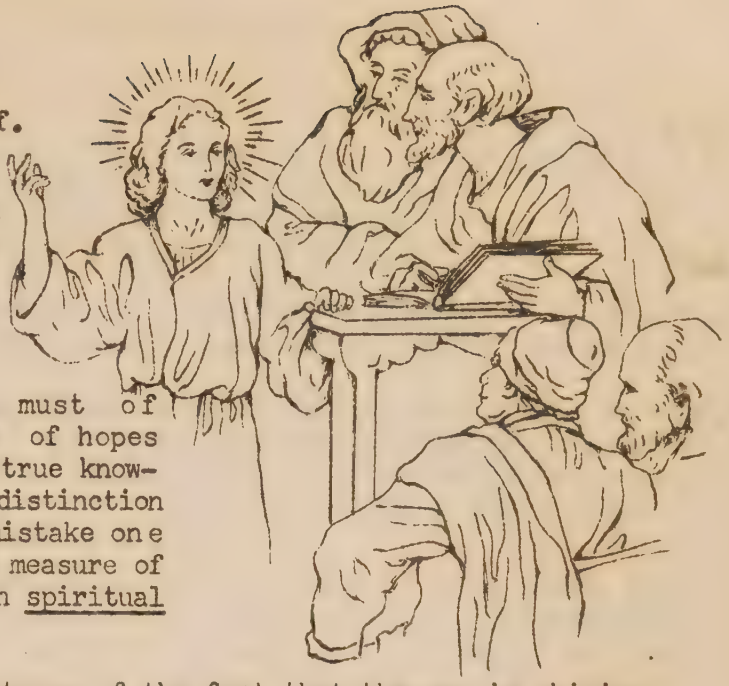
Then the very things which seem discordant and distressing will fade away, and in their place will appear forms of experience as THEY REALLY ARE. Nor need we move from where we are in order that this stupendous fact take hold of us, and this glorifying transfiguration take place. For, "The place whereon thou standest is holy ground."

There is a path which offers deliverance from every ill. It is mystically described in Jesus' Words, -- I AM THE WAY ... I AM THE LIGHT ... I AM THE RESURRECTION. One is himself the radiant Light: but not until he perceives that he already in his Real state, he is the Son-Self who is always one with the Father, does he apprehend the luminous meaning in those mystical words, -- I AM THE WAY.

TURN FROM BELIEF TO ILLUMINATION

Flower Newhouse

Condensed from Inspiration, Vista, Calif.



Man's unceasing quest is the search for happiness. To all shall come the realization that happiness -- to be enduring must be an inner attainment -- an entering into the Kingdom of God within one's own Spirit.

This search for abiding happiness must of necessity pass beyond the pale regions of hopes and beliefs into the bright Kingdom of true knowing. Many Christians do not surmise the distinction between belief and realization. They mistake one for the other. Belief brings a certain measure of happiness but not the full measure which spiritual knowing releases.

Belief is analogous to man's acceptance of the fact that the sun is shining, while dwelling within the room of the mind. Discernment of Spirit is his leaving the enclosure of his home to step outdoors into golden sunshine. The one state surmises truth, the other experiences it!

Every Christian should ponder the Christ's words, "Except a man be born again, he cannot see the Kingdom of God." It is very significant that our Lord used the verb "see" in this verse. Jesus teaches that in man's wholehearted worship of God, he will continuously change and improve himself until he realizes that he is refashioned from animal man to spiritual being. "Twice-born" persons have always seen into Reality -- into the Kingdom of God.

Jacob Boehme realized such an illuminating perception. In his "Letters" he confesses. " . . . I earnestly asked God for His Holy Spirit and mercy, that He might bless and conduct me and take away from me all that should avert me from Him . . . While engaged in such earnest seeking, the door was opened to me, so that in one quarter of an hour I saw and learned more than if I had studied for many years at the universities!"

"Openings" George Fox, founder of the Society of Friends, called his illumined moments "openings". In describing these times, the seventeenth century saint reveals, "All things were new; and all the creation gave another smell to me, beyond what words can utter. Great things did the Lord lead me into and wonderful depths were opened unto me, beyond what can by words be described."

In silence we need to keep our prayers brief for the larger portion of our time, and attention belongs to the quiet recognition of God's Nearness. It is this vital period which contains the potentiality of bridging us from a belief to an awareness of the Presence. Of this exercise, Luther has said, "He indeed who cleaves to God abides in light. . . . Wherefore it is man's loftier perfection in this life to be so united to God that the whole soul with all its strength and all its powers is gathered into its Lord, and God can become one spirit with him."

ILLUMINATION Our change from trustful belief to dynamic awareness constitutes Illumination. The hidden Light of the Inner Reality finally bursts in upon our reverent consciousness and we step from hopefulness to knowing.

Illumined ones have seen into the mysteries of life. They have looked beyond time into the eternal. What they have touched, tasted, or experienced has invested them with the confidence of the Divine Revealer. Those who have achieved spiritual realization know an inner happiness which seasons, misfortunes, wars and strife cannot steal.

THE MEDITATION OF CHRIST

by A. K. Mozumdar

from Notes of Mozumdar's Lessons on Master Wisdom . . . teachings of the "New Messianic World Message" -- 7454 Hillside Ave., Hollywood, California.

The purpose of meditation is to commune with God--and to have positive assurance of eternal life and love.

Before Christ, various peoples conceived their Gods outside and away from themselves. Being unfamiliar with true Nature of God, they devised various means and ways to reach and realize Him. Many austere and abnormal practices were initiated.

CHRIST'S NEW MEDITATION

God is Spirit -- the Moving Power in man; that is, He is man's very Life. It is the Life by which you live and breathe, by which you act and think, by which you desire and aspire, even by which you conceive your nightmare and happy dreams and philosophies of escape. Christ's revelation not only gives you immediate contact with God, but also gives you a sense of togetherness with Him. You need not go far away from yourself to contact and commune with Him. He is your throbbing, pulsating vital animating Life. The Super-conscious Aspect of your Life superimposes upon your human expression of Life; yet in the last analysis, they are one and the same. For practical results and application you vision this Super-imposed Life as the guiding power in you. Detached and free, yet it is intimately associated with Its manifested aspect in Its dreams, ideas and thoughts.

NO ROOM FOR DOGMAS AND CREEDS.

THE MEDITATION OF CHRIST LEAVES NO ROOM FOR DOGMAS AND CREEDS BECAUSE IT PRECLUDES ALL NECESSITIES OF CONCEIVING AN OUTSIDE GOD. It is the Conceiver of God that you worship, -- God whose Nature you know. "God is Spirit; they that worship Him, must worship Him in spirit and truth." This Life or Spirit in one man is just like the Life and Spirit in another man. Yet It is Infinite in extension. From within everyman, It extends on. It precludes sectionalism, dogmas, religious creeds, theological dissensions, racial pride and prejudice. All these above mentioned things separate man from man, and man from true God. Christ's meditation offers a common platform to all men regardless of race, color, or creed. It emphasizes the worship of Life -- your Life and my Life -- your God and my God. It is not worshipping a hypothetical God, but a God that you know and live. When you come closer to this Life in a vital personal significance, you are startled to discover that It speaks to you as your most intimate friend. It offers you eternal security to live a continuous life.

THE RADIANT LIFE

THIS LIFE THAT YOU LIVE, IS THE RADIANT LIGHT. All created objects have some kind of light, called aura. The Creator of all lights, physical or metaphysical, must be the most Brilliant Light, even brighter than the sun. It covers all space. In this Light, no negative conditions or bedarkened states can exist.

YOUR BODY IS THE TEMPLE OF GOD. See this body filled with the Lighted Presence of God. This Presence is the living conscious Light. It talks to you in your human language if you can imagine and believe It can talk. It has evolved your human consciousness in your human existence out of Itself, and also your power of speech, language and sentimentality. How could It then be silent and mute? It knows everything -- everything about you. If it were not so, how could you know anything at all? The Source that has made your knowing a possibility must be greater than you.

In your meditation, talk to your Life in your body and mind until you come to feel It is real and vital, and the Creator and Giver of all gifts. Love It and caress It. Do not let It escape your vision. Demand It to abide in you -- to shine within your body and mind as the greatest Radiant Light of all. As long as this Light dwells in your consciousness, you need have no fear of anything of this world. Out of Immortality, mortality can be born. In this realization, anything positive that you wish is fulfilled because your wish is the wish of God.

THE SECOND STEP IN MEDITATION

The second step in your meditation is SELF-SURRENDER, or renunciation through which you obtain freedom and spiritual power. In your renunciation, you say to your God, "All that I AM and all that I have, are yours Lord. My past, present, and the future are Yours. My success and failure, happiness and unhappiness, joy and sorrow, my good fortune and misfortune, are Yours." By giving everything and condition of your race-personal-concept of Life, you feel released from the bondage of this world.

God has no negative conditions, but by surrendering all your negative conditions to Him, you become free from the burden of sins and condemnations. "There is now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." By accepting God as being All-in-All in your life, you make Him work through your mind unhampered. "The Father worketh hitherto and I work."

Through your meditation you find Divine protection. You do not throw protection around yourself against evil, but you raise your consciousness to God WHERE THERE IS NO EVIL. By realizing that you are living in the ILLUMINED PRESENCE OF GOD you raise your consciousness. Then imagine hearing the voice of God saying to you, "I AM YOUR ETERNAL PROTECTION, HAVE NO FEAR."

OPENING OF THE SPIRITUAL CONSCIOUSNESS
The Kingdom of Heaven

Henry Thomas Hamblin
from an Editorial in "The Science of Thought Review", Chichester, England.

Seeking the Kingdom of God and His righteousness means seeking for that interior order of harmony which belongs to the true world of Reality. Behind (or within) this outer life and world of trouble and disharmony, which are only temporary and transient, there is a real world that is eternal and transcendent, and which is infinitely beautiful, orderly and perfect. This interior world of reality, order and perfection cannot be cognised by the senses, but can only be spiritually discerned.

The real world of harmony, order, beauty and perfection is at hand -- is always with us. It is not only perfect, but it is also permanent. As St. Paul said: "The things which are seen are temporal; but the things which are not seen are eternal." It is not meant by this that the true World of Reality is fixed and static; on the contrary, one of the great properties of Spirit is that of constant free movement and circulation. But the harmony, the order, and the perfection of the True World are unchanging.

The real world of permanence and reality is not afar off but is nigh. It is at hand; it is here; it is a reality that endures. It is not the Astral Plane, or the Spirit Land, or the World of Departed Spirits. It transcends the Psychic Plane, and one who seeks the Kingdom of God is enabled to transcend it also.

The Kingdom of Heaven can be found only through a change of consciousness,

The Divine order and harmony are always here awaiting our discovery, but we cannot become aware of them through the senses. Neither can we discover the Kingdom of God through clairvoyance or similar psychic powers. The Kingdom can be found only by those whose consciousness becomes attuned to the Heavenly consciousness.

Heaven is a state that can be cognised by a Heavenly consciousness. We become aware of it when our consciousness opens. When this happens we do not enter Psychic Planes, neither do we leave this present world, but this present world becomes glorified.

Glory and radiance shine through everything. All things become entrancingly beautiful. We become aware of an infinitely perfect harmony of which we form a part. We feel that we are one with, and also in a state of friendly relationship with every atom in the Universe. All is one Complete Whole, and so lovely and orderly and perfect as to be quite beyond description. We feel that if we were high up in the air we could not fall; if we were at the bottom of the sea we could not drown, and if we were in the midst of explosions and bombardments we could not be injured. But, actually we find that there are no dangers, and no destructive forces, for all is love, harmony, order, wholeness and perfection, and every man and every atom is in his or its right place, at the right time, doing his or its work perfectly. We discover that in this Christed Consciousness (the Reality Consciousness) there is no evil, no ugliness or disorder, no lack, no incompleteness. It is Christ in us seeing Himself reflected in His own Universe.

THE LIVING CHIMES

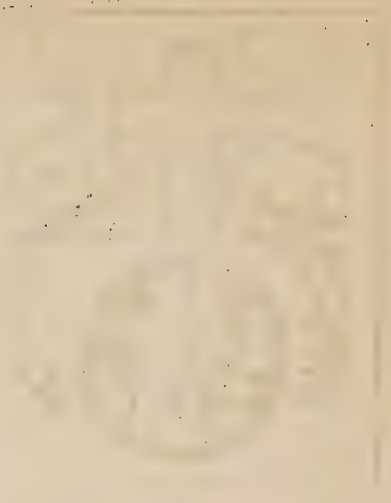
Ruth Harwood

Tempered in the flaming crucible of life,
and molded in the pattern of its divine
perfection,
We too would be the resonant and golden voiced
chimes in some tall gleaming tower of the
world.
Calling, calling the struggling humanity out
of the lowlands of the darkness into the
high eternal vision of the Light.
Remembering that it is the very striking of
the bells that rings their glorious
clear music through the air,
Let the striking of all blows upon our beings
bring forth not discord or contention,
But even in our pain let them proclaim
our own transcendent note of harmony in
the majestic anthem of the spheres!

— reprinted from "The Beacon"

IMMANENCE by Malcolm Schloss

Right from my window I can see
God's infinite variety:
His presence, first announced in light,
Moves quietly before my sight,
Touching, transforming everything
That lives and has the power to sing;
Tall trees that sway, and leaves that quiver,
And lilies resting on the river;
A bursting bud that opens me
To share His great felicity;
A raindrop caught upon a tree
To fill me with His clarity;
And fleeting clouds that dare to run
Athwart the glory of the sun
That open every cell to know
The breath behind the winds that blow;
Until I look within and see
That God has hid Himself in me.



VICTORY THROUGH HARMONIZATION

"WHY PRAY TOGETHER?"

Protection through Prayer -- A World Cordon of Prayer

(condensation and review of article by
Annie S. Greenwood
-- GOOD BUSINESS, a UNITY publication)

"Jesus Christ, authority on the art of living, placed His stamp of approval on small prayer groups. There is now a revival of interest in small prayer groups by people who see the great value of mutual helpfulness.

"The lawyer thought that things looked rather hopeless for him when he faced judge and jury that winter morning. The case had become exceedingly complicated. He knew that he was in the right and that his client was entitled to a just settlement, but conditions seemed to be against him. The clever argumentation of his opponent and the adroit way in which important testimony had been suppressed appeared to be prevailing against justice.

"It was time for his final plea to the jury. What could he say that he had not already tried to bring out?

"Then a quiet sense of inner power thrilled through him, 'My prayer group is back of me,' he realized. 'This morning, each of those six persons has prayed for my guidance, as I have prayed for him. We are taking the words of Jesus at their face value and relying on His assurance: 'If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them,' I am strong in these promises of the Master.'

"Briefly, calmly he reviewed the facts in the case for the jury, with no effort at dramatics. The jury filed out.

"Soon it was back again; the foreman handed in his verdict. The judge read it. The lawyer's trust was vindicated; he had won. What had promised to be a long-drawn-out battle over technicalities had quickly resolved itself into the simple adjustment of facts and law so plainly right that even the opposing side retained no bitterness over the decision."

This is but one of several illustrations of help received from individuals belonging to prayer groups. The adviser in high school assigned to handle special work in addition to her heavy teaching schedule was relieved of tension as she realized the prayer group of six persons named her each morning in prayer for her wisdom, guidance, strength, and spiritual growth. Freed from anxious thought, and seeing the Christ in each of these restless, chattering, impetuous young people under her care, the advisory work became a joy, and not a problem. Of the gay, lively group of four hundred, with all their irrepressible carefree youthfulness, not one had caused any serious trouble as she was able to report at the end of the semester.

"I simply can't leave my shop every Tuesday evening to attend the prayer circle", exclaimed the beauty operator. "If I do I'll have to close the place. That will cut about ten dollars out of each week's gross income. Still I do want to join that group. Yes, I'll do it. It's a challenge."

"Resolutely she turned customers away every Tuesday evening, shut the shop, and went to the prayer-circle meeting. There she pooled her spiritual power with

that of the others, each declaring the good for everyone in the circle.

"At the end of ten weeks the beauty operator reported: 'For years I've kept a careful account of my business. I know just what it costs me, what it brings in, what it averages. In these ten weeks I've made much more profit than in any previous ten-week period in all my experience. The combined faith and loving helpfulness of the prayer circle have brought me prosperity.!"

In her article the author relates the experiences of persons, in groups of seven, who learned to pray together. The members of each group met once each week with the definite purpose of joining their prayer power for the good of the group. "Each member made a card list of the others in his group, carried the card with him, and spent a few minutes every morning forgetting his own needs while he prayed believingly and happily for the success, spiritual development, and the fulfillment of the deep desire of each person listed.

"Every member of the group found release from anxiety concerning his own problem because of the deep conviction that six others were daily praying for and affirming its successful solution. Deep and lasting friendships were formed. Spiritual progress was made. The assurance of those most spiritually potent set the standard for the others. Those inclined to doubt soon found their doubts vanishing in the presence of the combined faith of the others. Imagination was quickened, determination was strengthened, enthusiasm increased, faith grew in the members as they worked together for mutual good. The manifestation of this good was but the natural result of such unified, believing, and selfless prayer."

The Harmonization Fellowship which sponsors the Movement of the Harmony Prayer Group and has had successful experience with groups and is now engaged in the project of Harmonized Prayer and organized plan of training coaches and promoting units in the "Army of Harmonized Humanity" agrees in full with the substance of the account and benefits of prayer groups as given by this writer in the Unity periodical. From the experience of the Harmony Prayer Groups invaluable benefits have been derived, far beyond the power of words to describe or to transmit the Mystic Presence felt as the result of such harmonization. The article from which we quote brings out several very good points of the advantage of prayer circles.

"This is a plan which, if put into practice, should be of untold value to any group of earnest-minded persons. It would make possible much greater success for any group of businessmen, for any circle of persons interested in enhancing the community welfare, or for the members of any family desiring greater prosperity, health, harmony, or success of other chosen kinds. It would help bring the solutions to problems. Two individuals who would thus pool their spiritual powers would find the results to be far better than those secured by one. Three or four such persons would soon see that they were putting to work a something much greater than merely the "three or four" units of power with which they began the process.

"The spiritual powers of persons who pray together are not only added -- they are multiplied!"

Several reasons for the success of the prayer group are given in this article. One is because of the intense desire of each person heightened by the equally intense desire of the other. The longed-for good increases in its apparent desirability because of the higher appreciation accorded it. "Each one engaged in this common prayer for a certain outcome strengthens his determination to have it come to pass because he sees how much every other person craves it. This greater determination develops confidence, because no one has a feeling of standing alone; each knows that he has the moral and spiritual support of the others."

In the language and experience of the leader of the Harmony Prayer Groups many more advantages might be mentioned. Above all is stressed the purpose and the great blessing of the Harmony Prayer Group. That is, the practice of the Mystic Presence . . . the fusion of souls and the transfusion caused through the harmonization in the Mind and Living Presence of Jesus Christ. While in this

Presence and mentally functioning in the Light that sees into the Finished Kingdom of God, healing treatment for world conditions is given. Brotherly Love, Peace, and true Victory through Christ is realized. Our sons, brothers, and loved ones in danger are surrounded with the armour of Christ-protection. And healing prayers for all who seek the Ministry of Christ are offered.

In other words, the real purpose of the prayer group which makes it the tremendous power for all who participate is the selfless motivation back of it. It is the desire to pray for others. For those who have tried it find out that the sure way to receive healing and blessing in one's own life is to pray for others and to bless them with the Light of Christ. The Light flows through the devotee in prayer and as he realizes the Truth for another, he himself is lifted up and made free. As he is emptied of self and filled with Christ, the Presence manifests as His Life, Substance, and Healing Light.

For individual victory through Christ . . . and for the real victory which may only be gained by the nations who follow after Christ. . . PRAYER and the practice of the group harmonization and unified spiritual consciousness is the most practical project at hand today. All quickened souls are responding to the call. No one who sees in the Light can afford to be lackadaisical and inactive about the matter of steadfast prayer, both in the sanctuary in private practice and in harmonized group prayer. It is said that the salvation of the world depends upon the enlightened souls on earth . . . that it is necessary for them to become wholly active in their communion and prayer as well as outer service. . . for upon those who are group-conscious and selfless in real practice of brotherly love here and now will depend the world consciousness. It is their harmonized prayer and good-will that will act as so much leaven to lift up the masses now otherwise hopelessly engaged in mortal combat and involved in the darkness and density of materiality, hate and greed. The answer is: Let us pray more! Let us pray together! Let us love others more! And let us form a cordon of harmonized souls as ONE BODY IN JESUS CHRIST . . . a Mighty fortress of Light, Love, and Life . . . let us worship in the Temple of the Living Christ and agreeing, as under one Master Teacher and Healer, the Ruler of us all, we ASK . . .We KNOW . . . we thank God that VICTORY THROUGH CHRIST IS HERE!

* *

Enlistment in the "Army of Harmonized Humanity"

"PRIVATE'S" PLEDGE

(If you have not signed this and are willing to do so, please fill out and return to Harmonization Fellowship, 303, Congress Hotel, Portland, 4 Oregon.)

I recognize Jesus Christ as the only Ruler of Humanity and all men as brothers in Christ. I wish to join forces with others towards active harmonization among men. I promise to work for Universal Consciousness and World Peace to the best of my ability and to further the general cause of Harmonization through my prayers and activities in any way possible.

Signed _____

* *

"Each one, PRAY for one."

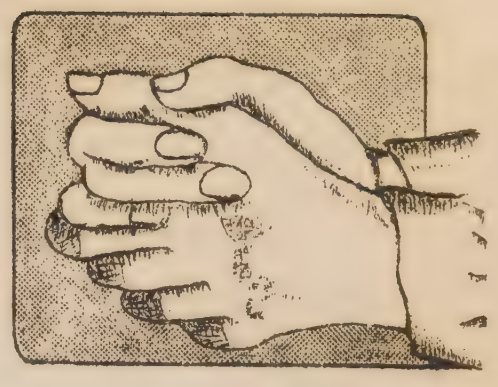
CORDON OF PRAYER

We invite YOU to enter the CORDON OF PRAYER and to participate by taking harmonized activity in the Presence of God for the protection of our boys in the Service. . . also to accept the spiritual responsibility and privilege of praying for another. Lists of names are sent those who will serve in the Cordon of Prayer. You may send our Ministry the names of those among your loved ones for whom you wish prayer. They are sacredly recorded and lifted into the Light. The identity is protected ... only first names are used in assignments for prayer.

ALL "PRIVATES" in the "Army of Harmonized Humanity" receive the special mailings and "Harmony Prayer Manual". Send self-addressed stamped envelope for information. "Victory through Harmonization" brochure sent upon request.

A Soldier
Asked to Pray and --

HE PRAYED FOR MEN "ON BOTH SIDES"



Kenneth L. Dixon

Men at war, like men at peace, frequently hide their innermost feelings from their fellows. Living with them in the rain, sleet and shellfire of the Italian front, Kenneth L. Dixon has caught and recorded in the following story, a glimpse not given to all. (Reprinted from "Democracy in Action".)

Naples, Nov. 25 (Delayed) (AP)

Seven reporters and seven soldiers sat down to their first Thanksgiving dinner in Italy with cheerful chatter because they knew there was turkey coming up.

Suddenly a boyish voice broke through the noise. It was a twenty-two-year-old veteran pilot at the foot of the table.

"Gentlemen," he said, "since this is Thanksgiving, I would like to say grace."

There was an embarrassed silence. Soldiers seldom speak of religion in any form. The sergeant shifted his feet, the major looked at the glass in his hand and slowly lowered it to the table. A reporter who was reaching for a radish froze with his hand outstretched. No one looked at the fair-haired boy who had spoken until the chaplain broke the stillness.

"Yes, lieutenant," he said, "I think that's a fine idea."

Slowly, haltingly, the boy began:

"Dear God --" and the words came as hard as though he pulled each out of his throat, for this was not pat prayer learned in Sunday School -- "Dear God, we thank you for this food we are about to eat, for we know where there are thousands of men who cannot sit down to a meal like this today."

The minds of the men around the table flashed to the cold and muddy front a few miles away, where K rations were being pried out of cardboard boxes this very minute, and they thanked God they weren't there today.

"Bless all our loved ones at home ..." No one needed to be told where the minds in those bowed heads now traveled.

"Dear God, bless all the fighting men on all the fronts around the world --on both sides, because they are all fighting for what they believe is right."

His next words were lost as the impact of that phrase "on both sides" struck home. This was no careless, comfortable blessing of a vague and distant enemy, but of an enemy who was grimly real and deadly close each day, not an easy blessing for one who could testify to the many times that enemy had tried to kill him.

When he stumbled through "We ask these things in Christ's name," a muted husky chorus of "Amen" came from the now unembarrassed men around the table.

"Thank you, lieutenant, a fine grace," said the chaplain. The other men agreed, the meal went on, and soon the noise was as great as before, and the pilot joined in the talk of crash landings, shellfire, politics, sports, wine and women.

Later, after he had left, the remaining men looked at one another.

"I never saw that happen before," said the sergeant, who had gone through three campaigns. "Me either," said a reporter who had covered the war on fronts all around the world; then he added, "But it was the real McCoy."

"The picture of that kid sitting there blessing his enemies is something I'll never forget," said another correspondent who was of the old police reporter school. "It took guts-- guts to ask to say it and guts to say what he did."

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"THE HEALING CHRIST"

"FACE TO FACE WITH GOD"

TRANSFIGURATION

How to contact others in the Kingdom.

Condensed and adapted from Lesson XXIII of the "Harmony that Heals" Lessons

Jesus took his disciples Peter, James and John up into an high mountain apart where he was transfigured before them. "And, behold, there appeared unto them Moses and Elias as talking with him." Then "Behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him."
-- St. Matthew 17:1 - 8

The body of Jesus was so quickened that he momentarily functioned in His Light form and the Celestial Realm became the plane upon which he could see and hear. His form was a blaze of Light. "And his face did shine as the sun, and his raiment was white as the light." In the radiant Light the disciples were witnesses of the presence of Moses and Elias, and the Voice of God who spoke to them.

In this moment of Transfiguration they had been face to face with God . . . an example of spiritual contact in His Kingdom and witness that there is no death.

In order to experience Transfiguration we must go apart to the mountain top of consciousness with Christ. It will only be accomplished after the Baptism of Fire has consumed the dross and purified our form. Consistent practice of Divine concentration and meditation will quicken the process and in the pinnacle of the Silence with God there will surely come the Baptism of Spirit and the experience known as Transfiguration.

Through the aid of our positive imagination we can part the curtain of darkness that mentally surrounds our consciousness. We can imagine the Presence of Christ in His Radiant Body of Light; we can imagine Him beckoning us UP into the mountain with Him. Then we can imagine the Voice of God speaking to Him, and to the Christ Indwelling. As we are vitalized by His Living Presence we enter into His world of Paradise, and we move in the throbbing Kingdom of Eternal Life and Light, face to face with God.

With the aid of your positive imagination you may imagine the world of Paradise into which Christ is lifting you. Meditate upon this Kingdom. In your imagination play, sing, dance, laugh and do the things of your heart's desire. Within this Kingdom you can have every positive thing that you desire without infringing upon the liberty of another individual. Vision the realms of beauty, harmony and love you know exist in the Kingdom of God. Lead your imagination into positive adventures with the Heavenly hosts, and with your loved ones who are forever present in this Kingdom of Eternal Life. In this Kingdom you need no vehicle for traveling. Christ's consciousness provides the means of transportation. The moment you are conscious of being in a place, you are there. When you are conscious of communing with a soul you are with him in spirit. There is no space, no separation, no death nor despair in this Kingdom.

You may contact the Real Christ through your creative imagination. Imagine yourself contacting Christ in the Omniscient Presence of God. Here lies a wonderful secret worthy of your sacred contemplation and use. "When in that Presence you imagine you are contacting a certain person you contact the right person, whether or not you have known him before or have any idea what his physical appearance may be. If you do not receive a new inspiration or practical idea after contact with Christ, there must be a misconnection. For if you contact Christ you will be vitalized by His Presence, and a dull mind will be quickened into action."

CONTACT WITH OTHERS PSYCHIC? . . . or truly SPIRITUAL?

"The contact of one mind with another mind in the flesh concept of life may be called a psychic contact. There is disadvantage in such a contact. You might contact the wrong person due to present vibratory correspondence, and even though you contact the right person you might not be able to raise the mind of that person to the higher spiritual plane. You also contact disorganized minds on this plane and your own mind may become disorganized."

A psychic has a wonderful gift of imagination which is a valuable asset. If she will change the base of action from human mentality to God as a true base, it may make her a great power for spiritual good.

SEE OR SPEAK to SOMEONE WHO IS "DEAD"

On the cosmic highway we do not move from place to place but travel in consciousness. By lifting UP our consciousness to the Presence of Christ we are raised in vibration and so ascend. If we imagine darkness and death we are lowered in vibration and do not experience travel in the higher realms. The moment we are conscious of being in a place we are in that place. Since there is no space in the higher dimensions the moment we are conscious of having a person near us, he is near us. If we imagine him in the Presence of God, knowing that in God there is no mistake, it soon will become a reality. If we like, we may carry on an imaginary conversation. We may know that on the telepathic plane we are communicating. However, it is important not to allow him to enter our aura in a psychic sense. That is, we should not try to feel him on the flesh plane. Anyone who makes such a contact we should gently ask to leave in the Name of Christ Jesus and to communicate with us in a telepathic sense only.

Harmonization teachings show the way to function in the Kingdom of God, to develop spiritual discernment and to develop the spiritual sense rather than merely a psychic power. "A spiritual vision is different from an ordinary psychic vision. In a spiritual vision we see a thing in God, the All Knowing Power. A psychic vision sees a thing with the mind without lifting the latter to the Superconscious Plane." Therefore, all meditation should be taken by lifting the mind to the Plane of Christ; by realizing GOD IS THE ONLY PRESENCE; and that we recognize only the Spirit that is in Christ Jesus.

(The substance of the above is found in "The New Messianic World Message" -- with which the Harmonization teachings are in close accord. The book -- "The Triumphant Spirit" by A. K. Mozumdar gives a clear realization on the above subject of "psychic or spiritual contacts".)

"HARMONY THAT HEALS" LESSONS from which above article was quoted cover a series of 26 Lessons -- mailed every two weeks over the period of one year. They give the foundation of HARMONIZATION and its application to overcome all things not of God. They are based upon the transcendental teachings of the Living Christ -- a practical exposition of Christ-Harmony based upon the practice of LOVE as the Master applied it. These lessons are a free gift of Christ and are a part of the service of the Ministry of "The Healing Christ". All who want to have a clear understanding and intimate harmonization in the Mystic Presence and Light that heals are invited to subscribe to this course. The lessons are also designed to give instruction for those who are seeking help from the Ministry of Healing. A serious study of them should lead to permanent healing and the scientific application of Christ-Harmony . . . the "HARMONY THAT HEALS".

You are invited to send in your prayer requests to the "Ministry of The Healing Christ". They will be sacredly and confidentially treated.

"The contact of your mind with another akin to the flesh consists of
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sons voluntary correspondence, and come through you contact the
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son to the higher spiritual plane. You also contact discarnated minds on this
plane and your two minds may become disorganized."

A psychic has a wonderful gift of imagination which is a valuable asset. If
may make her a great power for spiritual good.

"We imagine darkness and death we are forever in rebellion and do
not experience heaven in the higher sense. The moment we are
conscious of being in a place we are in that place. Since there is no space in
the higher dimensions the moment we are conscious of leaving a person or us, he
is near us. It we imagine him in the presence of God, knowing that he does
is no mistake, it will become a reality. If we live, we may carry on an
imaginary conversation. We may have such an intimate relationship with one
feeling. However, it is important not to allow him to make our mind in a psychic
sense. That is, we should not wish to fall into the flesh plane. Anyone who
makes such a contact we should gently ask to leave in the Name of Christ Jesus
and to communicate with us in a religious sense only."

Necromantic practices show the way to fluctuate in the Presence of God, to
develop spiritual [illegible] in the [illegible] sense rather than mere
ly a psychic power. "A psychic" visions we see a thing in [illegible] way. A
visions. In a spiritual vision we see a thing in [illegible] way. A
psychic vision such a thing were [illegible] the Father to [illegible]
picture plane." [illegible] to [illegible] too much
to the Plane of Objects [illegible] [illegible] [illegible]
[illegible] may the Spirit that is in [illegible] Jesus.

(The substance of this lesson is taken from "The New Psychic Realm" Meeting —
with words and [illegible] by Arthur Findlay. [illegible] —
"The Psychic Spirit" by Arthur Findlay gives a [illegible] can be
above matters of psychic or spiritual consciousness.)

SECRET OF DIVINE RENEWING
Condensed and adapted from the new chapter to
Manifest Victory
by J. R. Moseley

In Christ-Jesus -- Divinity married to Humanity -- and in Jesus Christ -- Humanity married to Divinity, old things become amazingly new and new things are seen as fulfillments of former things. Jesus is longing for and inviting and enabling the same kind of union with Him that He had and has with the Father, so there will be a marriage with Him of spirits, minds, souls, bodies and affairs.

Some of my new Manifest Victory Friends tell me that they have seen the Light Body of Jesus hovering over and entering the natural body to make it wholly alive and to renew its youth and beauty.

Those who have accepted the invitation to get ready for the marriage with Jesus, when they will be wholly His, have a spontaneity, have a joy and a gaiety that is the very spirit of eternal youth and youthfulness. To use the very happy words of Oswald Chambers, "Those who wait upon the Lord and get their strength renewed, seem always to be getting younger," while those who fail to do this have "premature physical as well as spiritual rheumatism and neuralgia." Moses lived so much in the renewing of the Eternal that his eyesight was undimmed and his natural powers unabated at the age of one hundred and twenty.

In Jesus all enemies are already conquered. Our work is to enter into and abide in the Conqueror and the Conquest. In perfect union with Him, we will find as did St. Paul that we died when He died, arose when He arose, and are already in heavenly places in and with Him. In the Holy City, in the Holy Presence, there is no sin, no evil, no pain, no tears, no death. Those who have been granted the favor of glimpsing the heavenly realm report that in the presence of Jesus the old have become young and the too young have come up to maturity. Swedenborg reports that he saw that in Heaven all the old come back and all the young grow up to the perfect age of Jesus which is about thirty.

It is being made known also with ever-increasing self-evidentness that the way the Lord gives Himself and the things of Himself to us, and the way He enables us and wins us to yield and respond to Him, is the Science of the sciences, and the Art of the arts. There is nothing more scientific, practical and workable than LOVE; there is nothing more unscientific than hate. It is eminently scientific to meet all evil with good and unscientific and foolish to meet evil with evil and thus be overcome by it.

Likewise, it is perfectly scientific to meditate upon, to rejoice in, to delight in and to feed upon Jesus and His perfect everything and by doing so become like Him. In our extreme need and helplessness, He furnishes all and does all so that our new life and salvation is by LOVE and grace, and not by our own works. Here nothing is required of us but poverty of spirit. No techniques are required. Our helplessness brings His help.

The union with Jesus as interchange and interaction must go to a union of integration, or sonship or likeness. In this integration, we become an extension of the Kingdom of Heaven and an incarnation of Jesus. Even in the faint beginning of union with Jesus as integration, as likeness or as sonship, we find miracles of His Love, redemption and healing. Over and over Jesus seeks to make known that as we go in love, His presence goes with us, giving us guidance, giving us protection, giving us everything needed. The one responsibility is union and the one commandment is to love as He loves. He who freely receives and gives this love is no longer a mere man. Luther said he was "a god", not the God, but a son or manifestation of God through Jesus, the Son of God. In the fullness of this love, we'll be like Jesus, we'll be perfect as our Father in heaven is perfect, we'll be healing with the health of Jesus. Perfect love through perfect union and perfect union through perfect love, is the Kingdom of Heaven in reality.

(Filled with the Living Presence of Jesus Christ and His Healing virtue . . . and with faith stimulating stories of healing under His Ministry . . . this booklet by Rev. Moseley, "Secret of Divine Renewing" is recommended to all true seekers. price .25 -- publishers, The J.W. Burke Co., Macon, Georgia)

THE NEW MAN IN THE NEW WORLD

The World Out in Space

Manly P. Hall

Condensed from Horizon
Publishers, Philosophical Research Society, Inc.
3341 Griffith Park Blvd., Los Angeles, Calif.

The mystery of the air is the new challenge. Consider the effect of airborne radio upon the human consciousness. It has chanted our entire perspective on what is possible in life. It has been a great directive force toward our more recent consideration of extra-sensory perception. For, if it is possible to transmit a message through a mysterious, intangible medium -- which, for our convenience, we call ether, but which we know nothing about -- is it not possible that energy may likewise be communicated direct from person to person? Is it not quite possible that the human being is, himself, a magnificent radio equipment, capable of both sending and receiving messages?

Today we are on the threshold of extensive research into a great world of air. Beyond the very small gamut of vibratory reflex which we call sight, there must be innumerable things which we cannot see. What is true of sight is likewise true of sound. We are surrounded by sounds that we can not hear -- colors that we can not see -- forms that we can not touch -- and odors that we can not smell. We are surrounded by an infinite world of richness from which we are divided by the poverty of ourselves. It is not the world about us that is empty, it is man's ineptitude which casts the strange shadow of emptiness upon it.

Is the air about us populated?

If the air about us is filled with innumerable vibrations -- as it must be in order to communicate the radio waves that are now, this very instant, moving through your room unseen, unknown, but nevertheless entirely real -- if the atmosphere about us has channels and currents, oceans and rivers and mountains and valleys; if it is indeed a great world, who shall say that it is not populated with living things beyond our comprehension? Would it not be strange indeed, if this air was populated, peopled with races and nations, and that within the substance of it, empires are being built, civilizations are being created? It is an enormous thought, one that carries too much for us to digest in a moment. It could be that this is the secret of the old legends that go back to the beginning of time, the mythology of creatures living invisibly about us -- elementals, nature spirits, zinns, and genii; all kinds of strange immortals, sprites, and demons. Are they the result of some human beings having a little greater extension of faculty whereby they are able to perceive things not normally perceptible to our sense limitations?

Pointing toward a new way of life.

Already we are beginning to search into the air for the answer to some of the foreseeable scarcities. We know already that it is quite possible to extract from the air minute quantities of practically every known substance that we have ever had need of. We will be able even to gain from air its nutritional powers. And also materials which we can weave into clothing. Every day there are flowing into the Patent Office, in Washington, new and useful improvements that are pointing in one direction . . . toward a new way of life, an entirely new approach to the problem of human existence. These changes, coming imperceptibly but inevitably, are going to completely change the human being himself. Man, himself, is constantly evolving, unfolding new potentials of energy, new sensory perceptions, new sensitivity to reflex. He is constantly becoming a creature more attenuated, refined, conscious. It must be a new man in a new world, a new kind of creature inhabit-

ing a new kind of earth. This vision is gradually being realized.

Conflict between man and his world

The conflict between man and his world is tremendous. Man is becoming sensitive without becoming wise. Gradually, he has become more refined, capable of greater and more permanent achievement. His body is outdistancing his mind -- outdistancing the very thing which it is supposed to serve. Man has a better body and there is a stronger civilization, but man still lacks purpose. He still lacks a great and adequate ideology to sustain the physical progress that has been thrust upon him in these recent years.

The inadequacies in this situation are going to be intensified in our problem of postwar adjustment. We must not think for a moment that the majority of the men who go to war are going to come back the same persons that left. They are not. In their year, two years, or five years, as the case may be, of war experience, these men will have evolved at least the equivalent of a hundred years of life at home. One generation is going to go away and another generation is going to come back. If what they come back to is not in some way appropriate to the growth that they themselves have accomplished, there is going to be revolution in the world. They are becoming new persons under a new stress, a new inspiration, a new power. And they can not forget that which has become a part of themselves. We are in a very rapid period of growth because of the stress and strain of war. Even though we do not like to think of it that way, we must realize that war is one of the most powerful spiritualizing experiences of the human race.

The new challenge of our time

So, we look into the future a little. We look forward through the years to the changes that will come in man as he goes forward and upward in his great evolutionary cycle, onward, upward, toward the new challenge of his time, the conquest of air -- the conquest of the greatest field of the unknown which he is yet able to understand, which he has so far been able to discover in space.

Men are now talking rather glibly about the prospect of traveling 750 miles an hour. Some time that will be the rate of travel of a slow local. Some time we will say, "Today is Friday. I don't have to go to work again until Monday. I'll go around the world." It is perfectly possible. One day we will travel around the world with more rapidity, with greater ease, than we have visited nearby cities.

This should give us a new vision; for it is not the rapidity of our travel that is so basically important, it is the consequent effect upon the internal psychic life of the human being -- the change in viewpoint that the change of rate of motion brings with it. Air travel does something to you. As one man said: "I felt as though, after years of imprisonment, I was free again; and as, if, as I flew up into light, I was going home, escaping from bondage". Out in the free air of space, traveling at an immense rate, motion ceases to be significant. Traveling at 500 miles an hour the aviator feels as though he is not moving at all. Here he floats above the world like a great bird, riding on a magic carpet. This flight-given sense of philosophical extension -- a sense of spiritual power -- the experience of a larger universe, a greater concept of existence -- is making a profound impression on modern man's subconscious mind. It is leading him to determine more and more that he is going to live in the air.

Developed way of life

Some day our developed way of life will give us telephones without wires of course, and we will have television, and we'll have electric lights where we want them, not only without wires but without bulbs. We will find that it is perfectly possible to send a magnetic or electric beam through the atmosphere and light our room evenly, so there will be just as much light under the bed as there is on the ceiling. We will find also that electricity will go through solid walls and light the next room. And we will find also, though gradually, that wherever light goes, sound can go, color can go, and in the ultimate, form can go. Do not imagine that we will not some day have

electrical transmission of form.

In the east levitation is an established fact. Not long ago levitation was photographed in India. Levitation invokes the power of the human body to free itself from the law of gravity, or, for a temporary period at least, to neutralize the law of gravity. Do you realize the potentials of such an act? Do you realize what it means if we human beings ever generally gain the knowledge of the secret of overcoming the law of gravity at will? It has been done. And if it has only been done by one human being since the beginning of time, the power is established. What has been done, can be done. Further, and whether we believe it or not, what can be done will positively be done.

It has been shown clearly that among Asiatic peoples the power of mind reading -- telepathy, we call it -- is comparatively common. It is practiced by hundreds of East Indian saints simply by the exercise of their own internal faculties. What effect will this have upon our way of life?

PHENOMENA IN TIME OF WAR

In time of war certain related phenomena appear that cannot be easily dismissed. In one of the reports that have come through is the story of a bomber plane that returned from a raid over Germany. As it neared its base field and came in for a landing, the ground operator radioed, "Do not land. You haven't lowered your landing gear." But the plane came on. The ground crew and the ambulance were ready; it was believed that enemy fire had destroyed the mechanism of the landing gear. The plane, in spite of retracted landing gear, made a very good landing, skidded to a stop with practically no damage almost exactly in front of the hangar. The men rushed to the plane. There was not a living soul on it! The entire crew was dead; examination showed that the men had all been dead at least half an hour before the plane landed -- in a good landing, in front of its own hangar.

What are you going to do when men see something like that? Are you going to tell them that there is no such thing as superstition? Are you going to tell them that it is foolish to believe that there is anything other than what we can see? Plan to have a good answer ready when these men come back, millions of them. For there will be scarcely a man in action who, during the course of the war, will not see something that is beyond human understanding.

You may have to answer the man who saw a phantom army marching by. It was raining. He heard the clash of their armaments, the shouted orders of their officers. But there was no one there on the muddy road. The marks of marching feet could be seen, stamping down into the mud. But up above the marks made by the feet there was nothing . . . Not long ago, a vision of the crucifixion was seen in the sky over England; not by one man, or a dozen men, but by thousands . . . . Are these things to be dismissed? We have all dismissed them in the course of our years. It is reasonable to say, and I think undeniable, that there is not one human being, in war or in peace, who lives his entire life through to the end without being placed face to face with a metaphysical experience that he can not answer or explain.

Most of these phenomena involve psychic force that is related to our concept of AIR, as things take place invisible in space about us -- whether they be attributed to the mischievous gremlins or to ghosts and spirits. The mysterious olden day archers of Agincourt returned to march in the sky and were seen by thousands of men over the English Channel during the evacuation of Dunkirk. The mystical perceptions always sharpen in war. Some day we are going to realize that we cannot solve the riddle of our world without taking them into consideration, finding an answer. The time must come when we will be faced with explaining the unexplained. And when we do, this entire world of psychic phenomena is going to open up to us.

FUTURE CIVILIZATION

If we could go forward five hundred or a thousand years in time, we'd have a very different civilization from what we have today. With new improvements added

at the rapidity with which we are moving at the present time, we will grow in the next 500 years as much as we grew in the last 25,000 years. But still, it will be a mere nothing. It will be only the beginning. Everything goes forward infinitely. What is going to be the effect of evolution upon the physical structure of our race, say in 25,000 years, 50,000 years, 100,000 years?

In 25,000 years in all probabilities we will then be past what we call the age of industry. The laboratory and the factory are only means to ends. We are going to outgrow them. We will outgrow banking; we shall discover that which we do not know at the present time; and that is, that in the ultimate there is nothing to buy or sell. When the individual has realized that it is possible to supply out of his own consciousness everything that is necessary, and that it is perfectly possible -- as the ancients have proven to us -- to crystallize, materialize, and make physical space in any form or pattern that we desire for any use we want to put it to, that atmosphere is a finer plastic than anything we know and can be modeled by the will, what is that going to do to most of our so-called utilities and great industries? Gradually, one by one, all of the things that make up our external life disappear because they are no longer necessary and bear witness only to the weakness of our internal life.

The man of the future.

The Brahmans said, that due to the gradual impoverishment of the chemical elements of the earth, and the required dependency of man upon successively finer sources of energy, that there would inevitably be a corresponding refinement of man's physical body, with less and less of this physical body composed of the mineral substances that we know, and more and more of pure vital substances. Finally, as you went farther along in age after age of this refinement, the body would gradually begin to be translucent. More and more energy would shine through it. As time went on, the body would grow transparent. The creature would acquire extension of power, sensitivity of consciousness, appreciation, understanding, beauty, to a degree indescribable to us at our present time.

Little by little, slowly but surely, we are bringing about changes in our selves which will cause us to become the mysterious Blue Race . . . the Race of the Gods . . . the race composed of the substances, aether, energy, and mind, toward which all the motion of human progress is leading.

OUR DREAM

Our dream is for peace, and for happiness, and for love, and for wisdom. But only in the individual who has evolved and perfected the inner capacities of himself can that dream come true. And only in the individual who is wise can the philosophic empire be perfected. Only to the individual who has unfolded all of the noblest of his own emotions can the City of God come again. We have within us this power of completeness, this ability to form out of our own crude earth this eternal being that can go on, that can become a spirit, to float over its world and climb away from the wrongs, and on and on into the sky.

End of man: become as a god.

For this is the end of man: That he shall become as a god, knowing good and evil. That he shall possess within himself the power to mold the elements, to create worlds, to paint with sunset, to dream with the stars, and from his own base metal file that key by which he will sometime truly be a citizen of space. That never again is he to be against his brother, never again to doubt the wisdom of providence, never again to be an isolated creature . . . but to be one with this magnificent harmonic mystery of existence. For he will be living in a world of light, living in a world of color, in a world of endless harmony, and so living that every noble impulse is sufficient to the achievement of its own ends. This is the end for which we were fashioned. We are children of light and color, harmony and vibration, and we shall release these again, rising phoenix-like from the ashes of our own mortality. We have opened a door. Before us are the air, the heavens and the stars. I think it is the greatest step we have ever made toward our eternal heritage.

SEQUOIA -- SUNDAY MORNING

Vida Stone

The Inspiration of the Almighty giveth wings to my Spirit --

In this high, white world of stillness, many things come into clear vision. Only the murmur of winds through lofty branches moves in a rhythm, as the roll of universes through space. The undertone of all things is here, the universal heart beat, the One Sound in the Void, the Voice of God.

In this high, white world I see the One Life moving, the one Pulse beating. It is a world of reflection - the reflective medium between the seen and unseen, the visible and invisible.

I contact Your Spirit and see with Your Eyes, and understand.

Mind, as man knows it, is that reflective medium. It is not the Doer; Spirit is the Doer; -- God alone, the only Actor, in His Nature as Being - Thinking - Doing.

Long enough has Mind usurped the Place of Power and taken all credit unto itself. Now, like many things and many ideas in a world of shifting values, it must give way to that One, God as Being -- in His Nature as He Really Is, as the Only Power, the Only Reality.

Mind is dual, and has choice in all its functions. It creates according to choice. So, its world is at peace, reflecting forth the virgin purity and stillness of this white world -- or, a picture opposite in all its ways. It names its world and creates what it will, and only when it ceases to find joy in that which it has brought forth, will It bring about change.

God, Spirit, creates only after Its Own Eternal Nature. Therefore God, as the Doer; God, as the Reflector; reflects only That which is Real and Eternal -- into His Visible World. Therefore, the Impersonal and Personal become One and Eternal Harmony is the result.

I walked through the paths of snow this morning. So beautiful your world -- O God. The still reaches of snow stretching off into the distance, brilliant with sunlight, glistening like jewel dust. I, alone, at the top of the world, only branches and sky beyond, and the Immensity of Space.

Let the world of Mind be as this pure, virgin snow -- to reflect only Your Perfect Being, O God. Be still, O Mind, enter into thy nature as Reflector, that the Images held in the Being of God may find a clear passage into the world of expression.

We look at One and say, "There is God; there is the Christ." We hear One speak, and say, "There speaks He, the Beloved, the Risen Christ of God." This

which we see and think is "another" is Pure Reflection into Visibility of the Nature of God.

Never will the soul of men be at peace, never will he cease his restless search, until he brings himself into alignment with his Father-God, the only Doer and Expressor.

Man becomes God's hiding place only as he turns over his dwelling place complete, body, mind and heart, for the One Indweller. His whole being must come into line as a reflective medium for Spirit; thus, the dual is made One, there is no Real and Unreal, no Perfect or Imperfect, well or ill, joyful or sad, for "I am in my Father and my Father in Me" -- One -- complete, Perfect, fulfilling the Law, that,

"Even as I am, so can you be"
and
"Besides Me there is none Other."

So is man's joy fulfilled, and he becomes the Giver of Joy as well as its Expressor, for he is That, -- One and One Alone.

The Deepest Beauty

H. Genevieve Metcalf

When I recall the deepest beauty of this year,
I may forget brown-clappered notes
Struck from the campanile
Of tiger lily bells;
The pollened store that goldenrod
Gave to the summer;
And the orchid frill of wild asters
On an autumn hill ...

But I shall still remember how
A crocus pierced through snow with glowing spear;
How tendrils, after vine and roots were gone,
Kept their persistent hold
Upon a cherished stem;
--I shall remember these, though bright leaves fall ....

Barren?

Barren, - this sleeping earth?
Let your fingers delve deep into the mold,
Feel the greenness of new leaves
Quickening among the old ...

Let them quiver at touch of eager runners
And thrusting roots --
Pause to hear the numbering of the hours
By withheld shoots.
Let them thrill with anticipated scent
Of flowers wakened from brown slumbering,
And answer then if earth's dower is spent ...

-- H. Genevieve Metcalf
first printed in "Tacoma News Tribune"

THE ANEMONE

Soul of the Winds

Corinne Heline

-- from "Magic Gardens", a symbolic rendering of angelic communion with man through the medium of flowers.

A recent publication of the New Age Press, Metropolitan Station, Los Angeles, California.

Teach me the secret of thy loveliness,
That being wise I may aspire to be
As beautiful in thought, and so express
Immortal truths to earth's mortality.
Though, too, my soul's ability be less
Than 'tis to thee, O sweet anemone.

-- Madison Cawein

The more spiritual a people become, the more completely does every object of their outer knowing correspond symbolically to their inner life and to the unfoldment of their spiritual powers. Thus it is that the Flower Kingdom reflects qualities in man with whom they are in truth related in a deeper sense than is generally recognized. Flowers are a veritable Book inscribed with Signatures of the Soul. In them are expressed the finer elements of man's nature.

Flowers that sleep in the heart of Mother Earth during the long months of frost and snow and reawaken with the coming of the spring-tide forces, clothing all nature in new robes of verdure and color, are fitting symbols of that innate divinity sleeping within the heart of every man which, when awakened, causes him to put off the old man and to put on the new.

It was the understanding of this mystic illumination that animated the ecstatic soul-song of Isaiah: "Arise and sing ye that dwell in the dust, for thy dew is as the dew of herbs." St. Paul made reference to this same transfiguring process when he wrote: "Ye shall not all die, but ye shall all be changed."

To commemorate this wondrous transforming process in the life of man, the angels have fashioned a flower. That flower is formed of the sweetness and the perfume of the winds, and sheds its fragrant beauty upon the world in the gladsome Resurrection Season.

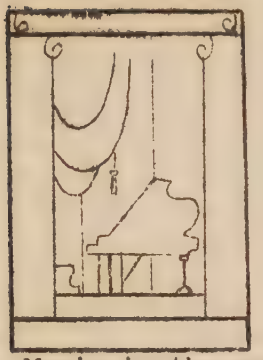
The Anemone, flower of the transformed, is shrouded in all the mystery of that earthly time when angels walked with men and instructed them in the lore of the celestial sciences. Adonis, according to the ancient legend, was the beloved of the goddess Venus. When in death the blood flowed from his wounds, as it touched the earth, it mingled with the grieving tears of Venus, and behold! there sprang up a miracle the Anemone, the lovely fragile flower of the winds.

Within the blood lies the mystery of the transforming processes in man, the keynote of which is purity. The body of an Illuminated One is always adorned with flowers, or interior stars. These are centers of light or magnets of spiritual force. Thus the Anemone is representative of that force fashioned within man's own holy temple through the redemptive power of love, or the goddess Venus of the ancient legend.

For a day the Anemone bears the message of this wondrous soul miracle to earth, and then its tenuous petals close and the spirit of its beauty is wafted back into heaven, there to add new vibrancy and meaning to the song of the angels concerning the future emancipation of man.

Harmony and Music

THE MUSIC OF TOMORROW



by G. H. Paelian

Condensed and adapted from "The Beacon"

"Music may be divided into three component parts, melody, rhythm and harmony like the three fold nature of man. Melody is the body of music ... rhythm is the soul of music ... and Harmony expresses the spirit of music."

Music is the art or science of harmonic sounds. Sounds are produced by vibrations, which are rhythmic movements. Every atom, every electron, in this universe, is in constant vibration, producing phenomena of manifold character, so that our consciousness of the external world is dependent on our capacity to register through our senses these vibrations. If we consider two vibrations per second as the first octave, four, the second octave, etc., the limit of the number of vibrations producing sound, is between the fourth and fifteenth octaves. Only seven and a half octaves of musical sound are really audible to the average ear. All other vibrations, of which there are limitless numbers above the sound vibrations, are not registered by our brain. They are "silence". What could be the result, if our ears were so constructed or modified that they could register much higher vibrations? An entirely new world would be opened up to our ears.

Mozart sensed this truth, when he declared, "I have never written the music that was in my heart to write; perhaps I never shall with this brain and these fingers, but I know that, hereafter, it will be written; when, instead of these few inlets of the senses, through which we now secure impressions from without, there shall be a flood of impressions from all sides, and instead of these few tones of our little octave, there shall be an infinite scale of harmonies -- for I feel it, I am sure of it. This world of music, whose borders even now, I have scarcely entered, is a reality, is immortal."

According to the ancient philosophers, music was a great educational factor in the formation of character. Pythagoras considered music, mathematics and astronomy to be the three corner stones of knowledge. There is, indeed a great deal of similarity between the laws of music and harmony and those of mathematics. Many mathematicians are also lovers of music.

Healing purposes

Music has been used on the emotional plane, for healing purposes. Phono-therapy, or musico-therapy is used in some hospitals to aid the sick and the insane. Music, properly applied, stimulates the body and awakens the latent power of the soul. It soothes the heart and harmonizes the discords of the emotional body. It is capable of making the patient forget himself and his anxieties and, becoming in tune with the principle of HARMONY, he aligns himself with the healing powers of the universe and receives from it strength and vitality. The effect of such stimulation is, doubtless, proportional to the degree of receptivity of the subject and the kind of music rendered.

Music and Religion

From time immemorial music has been used in the initiatory rites of the mysteries of the ancient nations. It has also formed a vital part of the ceremony of all religions, and, through them, has inspired many souls to union with God, and influencedmany saints to endure martyrdom.

Harmony and Life

Harmony is the synchronous sounding of notes in such a way that they are in tune with each other. How truly this gives an interpretation of life, of the harmony or dissonance between its component parts. On one hand, we know of so many men, who, as individuals, are splendid souls, like so many sweet melodies, but, as soon as they are brought together, they form a discord and express an inharmonious spirit. On the other hand, we know

others who, like counterpoint, blend together in a most perfect harmony, expressing a harmonious group spirit. There are also men, who have completely lost themselves, keeping the uniqueness of their individuality, yet merging themselves with any group in perfect harmony. The life of one of these men is harmony itself, and never makes discord, no matter with whom it comes into contact.

Music reveals to us the purpose and the plan of life. The Higher Self is the player of life's "symphony". The lower self -- the personality -- is His instrument. Life is the melody. The purpose of life is the perfection of the Player and its plan is evolution. Like music, life has its "motives", in some high, in others low. It is, in some, monotonous, in others full of variety. In some it plays in the minor key. In others, it plays in the major key. Like music, life is a melody, starting with a dominant key and returning to it. It has its "staff" and "ledger lines", its crescendo and diminuendo . . . its "measures," its "rests" . . . . its "discords" and "concords" . . . Like music, life is sometimes largo, sometimes moderato and sometimes allegro. It is full of variety, full of surprises, which make living a constant joy.

HARMONIZING influence

Moreover, music has the quality of harmonizing all our discords, resolving all our doubts, all our worries and perplexities, and of giving us a peace that passeth understanding, a peace which is the blending of our emotions and intellect and leads us to intuitional planes.

Music makes us enter the eternal domain of the higher worlds, by transmuting our abstract ideas into emotions, our emotions into intuition and our intellect into spiritual perception, by removing our greatest hindrance, the ego, the self, that veils the Great Self, Reality, from our eyes.

When the great musician, who is gifted with such an intuition, which gives him insight into the soul of all things, creates his masterpiece, he loses himself, he becomes attuned with the Infinite, with that cosmic consciousness, where soul speaks to soul. And when he pours out his soul in his music, he comes into communion with the soul of his listeners and gives him a glimpse of that world, which is spaceless and timeless.

Music of tomorrow

Much has been said about the coming of a new age, an age of cooperation and universal brotherhood. What will be the music of tomorrow, which will both be the outcome of the age, and its creator? A study of the evolution of music of different nations shows us that the music consisting only of melody, expressing the spiritual aspirations of the Eastern people --ancient world, as typified by the music of the Hindus, was a very subtle type of music, made of quarter tones, a music consisting only of melody, expressing the spiritual aspirations of the Eastern people, and which applied to their instinctive-emotional consciousness. Later on, we find that the ancient Egyptians employed the third tones, expressing their emotional-mental consciousness. Then followed the Greek music, which was based entirely on half tones, heralding the coming of our mental and scientific civilization. The present age has produced our polyphonic music, carrying it almost to perfection, on mental planes.

The direct influence of our mechanistic civilization on our music is seen in the modern jazz and the so-called popular music. As Paul Whiteman has said "Jazz is the folk-music of the machine age." It is an established belief that we have already entered an age of transition in which the old order is fast disappearing and is being replaced by a civilization based on idealistic principles.

New musical creation

With the dawn of this new age, we are already witnessing the signs of a new musical creation. Men like Claude Debussy, Alexander Scriabin and others, are striking a new keynote of a joyous urge toward something abstract, absolute. They are bringing a music which will be based on mental-intuitional consciousness, an all-inclusive world music, liberated from the bonds of nationalism and emotional-romanticism, a music based on the conception of universal consciousness and of impersonal life. It will be a new language of tone, a new understanding of harmony and rhythm, a music not only intellectualized but spiritualized.

ONE MILLION B.C.

New Age Screen Interpretation

by Corinne Heline

In the Hal Roach picture, One Million B. C., one feels almost as though it were the Akasic Records of human life in its earliest beginnings on this planet that are being unreeled before our eyes. So closely does much of the picture correspond to what occult science teaches on the subject.

The opening setting is a cave in which a party of travelers, including a young man and his fiancee, take refuge from a summer storm. This cave, they discover, is occupied by an archaeologist who is engaged in deciphering the numerous and intricate symbols which embellish its subterranean walls. Replying to queries from his visitors, the archaeologist explains that the strange devices pictured upon the walls tell the story of a civilization which existed upon earth more than a million years ago. He then proceeds to describe the early beginnings of human life and the planetary conditions under which it developed.

Geologically, this period which is known as the Carboniferous Era, was the age of forests, giant animals and primitive man. In occult terminology, this period is called the Lemurian Epoch. The primary task of the human spirit in this epoch was to learn how to build for itself a suitable physical body. Not being experienced in this work, these forms were at first extremely gross, heavy and unattractive. They were short lived and were therefore renewed at short intervals through the process of reincarnation. It was an age when, as the screen version rightly expresses it, "life walked hand in hand with death".

The homes of these brute-life people were rude caves such as the film portrays. The people formed themselves into tribes and lived by the only law they knew, namely, that of aggression and might. The driving force in their life was feeling and passion. Hunger and the mating instinct were their strongest impulses. The higher feelings of pity, sympathy and compassion had not yet been developed and so the old and diseased were left to suffer and to die alone, unnoticed and uncared for. The trophies of the hunt and the victories of combat went to the strong of arm and the fleet of limb.

Such a one was Acomah, the leader of the Rock Tribe with whom the story is concerned. All men, women and children did his bidding in fear and trembling. He looked to himself first, - he and his wolf-dogs that he had trained to assist him in the hunt. When they returned with quarry, the carcasses were roasted on the open fire and only after he and his dogs had gorged themselves on the meat, did Acomah permit the others to come near and satisfy their hunger. Then the contest became a "free for all", with the strong taking the lion's share and with little but bones and fragments left for the women, children and the old and feeble.

On one of their hunting expeditions, Tamak, the son of Acomah, on being attacked by a wild elephant, takes refuge in the top of a high palm tree. With its huge tusks, the elephant uproots the tree, flinging Tamak head-long into a turbid stream that flows far below the volcano peaks on which he was hunting. Entangled in the dense brush and unconscious from the fall, the stream bears him down into another province which is inhabited by a superior people called the Shell Tribe. These people have awakened to some of the finer impulses which find expression in the consideration shown to the old and the ailing. The men also show a certain deference for women and children who at meal time are given first service, not last, and also the best portions of meat instead of the mere leavings. Also in contrast to the Rock Tribe, the meat is served on platters made of shells and eaten not with the fingers, but with wooden implements. The women have evolved a sense of artistry sufficiently to begin adorning themselves with necklaces and bracelets.

Thus the Shell Tribe register a distinct advance over the Rock Tribe. Step by step man climbs the evolutionary ladder. Gradually the body is refined, the mind developed, the moral and aesthetic nature cultivated. Divinity is implanted in all men and is present from the first. Earthly experience brings it into ever-increasing expression until at length it flowers into love and beauty and the establishment of happy and harmonious relationships with one's fellow-man.

Tamak's tragedy proves to also be his good fortune. When discovered, he is brought into the home of the Shell Tribe by Locana, the daughter of the tribe's chieftan. Here he learns for the first time that life is governed not by might alone but by other forces also. He meets kindness and helpfulness. Consequently, the fear and suspicion which he had always had for others gradually gave way to confidence and trust in much the same manner in which a wild and friendless animal learns to trust those who show it care and kindness.

Later Tamak gets a chance to repay the good deeds of the Shell Tribe by risking his life in combat with one of the mighty monsters of the primeval forests when it attacked a child of the tribe. In gratitude for this deed, the parents of Locana give their consent for her to return with Tomak to his native tribe.

The return journey is fraught with many perilous adventures. The rock-riven land was continuously shaken by mighty volcanoes. Through a steam and mist-laden atmosphere, and through brush jungle infested with huge hippopotami and great writhing serpents they struggled on toward their destination. Sometimes they had to take refuge in deep fissures of lave-rock from the wild beasts, and from their hiding places watch in terror the fierce combats of huge dinosaurs and other giant animals of the time. At night they sought safety by sleeping in the tops of the luxuriant trees which covered the great hill slopes. Thus at length, Tamak returned to his cave-home accompanied by Locana, his Shell Tribe bride.

The life of the entire Rock Tribe was changed by the coming of Locana. She taught the men to respect women, to practice forbearance and sympathy, love and service. She inspired women with the ideals of beauty and harmony, and taught them to adorn their persons with bangles as a first simple attempt to do reverence to the body as the temple of the indwelling Divine Spirit. Most important of all, by crooning elementary sounds, she gave them their first intimations of music and its powers to still the turbulence of their desire-charged animal bodies.

The role assigned to Locana in this drama of man's evolution is consistent with the teachings of spiritual science. The first impulse to spiritual wisdom was given by the creative Hierarchies to the human race through woman. Imagination is the special faculty of the feminine polarity of the race as will is that of the masculine. Hence women became the more amenable channel through which the leaders of the race could work in guiding it toward its high spiritual destiny. By means of the will, man could be guided along the line of action without which images of the ideal could not be brought into manifestation.

The Law of Compensation is also introduced in an incident in which Locana befriended an old man who in turn, later saves her life. Not being able to battle the strong, Locana sees to it that he is served a full meal before the others are permitted to partake. This was not after the manner of the Rock Tribe, and such consideration was never forgotten.

Rebirth also enters into the picture. The young man and his fiancee who listened so eagerly to the archaeologist's story were the same egos who had begun their human pilgrimage ages ago as Tamak and Locana.

Thus the spirit of man struggles and climbs, battling with the elements and gathering experiences through human associations one with another. Souls that become closely linked in such associations meet and part and meet again and will continue to do so until earth's lessons shall all have been learned and the Great Work fully accomplished.

HEALTH-HARMONY

HARMONY -- its relation to Health

A few notes from the talk by Verona Hull before the Health Education League of Portland, Oregon, given February 12 on the subject dealing with the physical and psychological causes of ill-health and their relation to Harmony.

Back of the world of appearances -- back of all forms of creations, including super-imposed mis-creations -- is a KINGDOM OF LIFE, LIGHT, AND HARMONY. This is the real world. Science admits that there is always HARMONY in the reality, or the realm of causation. Physics reveals that everything is divided into molecules, atoms, electrons; and that electrons are but electronic energy or force -- that which amounts to vibration. Everything is vibration. A thing is dense or light in accordance with the rate of vibration of the basic substance. This basic substance or realm of causation is LIGHT. Everything is reduced into light. All things come from light, or are in reality -- light.

In this world of light there can be no dis-ease, no inharmony. It is the essence of Life, the Principle of Harmony. In this realm of Reality pure life flows in accordance with a pattern and plan of mathematical precision and error-proof expression.

Back of man's mistakes in calculation is the eternal principle of mathematics. The figures are perfect but they have been juggled incorrectly. Back of discord in music is the eternal principle of harmony. When the figures and notes are properly handled error and inharmony disappear. The right answer and harmony are always there. Man's misuse of principle and his density of vision simply make it seem obscure.

When we experience error in our deductions or discord in our musical efforts we have no quarrel with the figures or the notes, nor do we stop and analyze them to any degree. We quickly return to Principle and through placing the parts in their right relationship with the Principle of Harmony the true expression is released. Likewise, in dis-ease when our body is filled with sickness and negative answers, we should not attempt to fight or to unduly analyze the inharmonious reflection. The proper harmonization with the Principle of health and the source of positive answers will adjust the parts and bring about ease or wholeness. The true being or light form which is eternally perfect is released. "When harmony within is restored, outer order or health is claimed.

It is said that the secret of healing -- regardless of the method of approach—or technique applied--is to cause health by removing the artificial obstacles which impede the natural flow of life. All physicians recognize it is LIFE or nature which does the restoration. No power is really attributed the actual medicine, knife or therapy to heal in themselves. All that is conceivably possible inheres in the process that may allow the Life to flow through unimpeded and in harmony with its true nature. The power is in something back of the body -- a creative power -- which when properly released can adjust and heal.

The evolution of healing therapy points toward the more natural ways of gaining harmony or adjustment. From the purely physical plane of diagnosis and evidently unnatural means of medical treatment, we step into so-called higher planes through methods using food or diet, exercise, breathing, and other drugless forms of therapy intended to produce harmony and adjustment. A still higher plane is that where mind is recognized as a power and treatment involving mental diagnosis and psycho-therapy as well as the physical. The movement is towards realization and direct application of the real power that does the healing.

It is a part of wisdom to harmonize with all the laws of harmony which operate on the planes of man's expression, physical, mental and spiritual. While yet in the body it is vital for man to keep it restored through proper food and the mineral elements essential in its make-up. Improper nutrition, poor ventilation, unhealthy environment, and other abnormal physical conditions when eliminated will do much towards freeing man from a sick body. However, he cannot stop here but must free his mind from superimposed abnormalities, the result of modern civilization. He must learn to harmonize with the higher laws and live in peace and harmony with his mental and spiritual self.

On the evolutionary path of healing man gives more or less power to the means. It is first, medicine, or food; then physio-therapy, psycho-therapy, and finally Science of Mind. While admittedly it is Harmony or Life that really is the power that heals, hypnotic belief in the means keeps man in a state of limitation and inharmony.

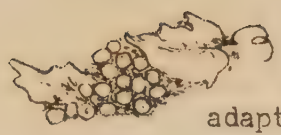
True freedom incorporating a natural HARMONY THAT HEALS comes when man recognizes the ONE POWER -- when he comes to directly depend upon it to release him from all of his ills. Then he has arrived on the spiritual plane of realization which is divinely his. He turns to the mystic presence and Light of the Indwelling Father for the harmonizing power to adjust his consciousness and heal his body. Then he has stepped into the Finished Kingdom, the realm of miracles and transcendental healing. Here nothing is impossible and there is no known limitation.

But regardless of man's transcendental vision and dependence upon the higher spiritual and mental law of harmony, it is the part of wisdom to harmonize with the laws on the lower planes. HARMONY IS THE KEY. Harmony on the three planes -- which involves PURITY on the physical, mental and spiritual enabling the Life to flow unimpeded in accordance with its natural or divine plan and purpose. A purified blood stream and the harmonious functioning of the physical processes such as elimination and circulation gained through natural eating and living are a part of the transcendental order of the harmonized life.

If we wish to invite Christ into our Temples, should they not first be cleansed from all physical pollutions and emotional abnormalities? Perhaps our first requirement on the path of Harmony may involve fasting . . . literal fasting from excessive food or abnormal practices. Purity and harmony live hand in hand. And only those who are pure may "see God". Only the pure are established in harmony with God. And only those in harmony with God which means in harmony with all of God's laws may experience health and the power that heals.

Those who are following the Path of Harmony with Christ may do well to give special attention to "fasting" in all that it means in accordance with His teachings. During this Lenten Season when we wish to give all to Christ and to prepare to go with Him through the "cross" experience and the true resurrection at the dawn of Easter, we have an inspiring time to put into operation a definite program of purification. What we attempt to do for Christ's sake is easy and we shall find our "burden light" as we are cleansed -- as we empty the body from density and the mind from self. Thus we are "absent from the body" that the Spirit may wholly fill us. The leaven of light -- the Indwelling Form of the Father -- may quicken us and lift us to the Mount of Transfiguration . . . where too we may see the Heavens open-up to us. And we may hear a "voice from heaven, saying, This is my beloved Son, in whom I am well pleased."

"ONLY PURITY AND PURE LIVING AND THINKING WILL PURIFY THE BODY TEMPLE. We can not use our prayer or consciousness in Christ as a substitute for pure living. We cannot expect Christ to enter our body temples and yet keep them stained with the polluted waters of our own vicious thoughts and habits. The way of Harmonization into the Temple of Light and Liberation leads the aspirant along the path of body harmonization as well as mind harmonization. This means he must encourage habits of breathing, eating, exercising, resting, and thinking to conform with the Laws that operate on the physical plane as well as the spiritual." -- from "The Temple Builder" Course



"FASTING AND LONGEVITY"

Prof. Dr. Edmond Bordeaux Szekely
Essene School of Life, Tecate, California
adapted from his book, "The Therapeutics of Fasting"

The therapeutics of fasting is the most ancient therapy of humanity. Even our forefathers observed that after some days of fasting, a recurdescence of vitality and vigour shows itself in the organism. Nature turns it to account for the purpose of accelerating the functions of elimination, while the marvelous economy of the organism profits by the rest afforded to the digestive functions and by the vital machine's slackened activity resulting from the fast to cast off the impurities of the organism by every channel. In sickness, nature seeks to eliminate, then to eliminate more, and again more, until the choked up ducts which are the vehicles of vitality and energy are made free and good health re-established. And it is only when elimination is complete and all the embarrassing waste products of the organism have been evacuated, that hunger, exquisite and natural, reappears.

What happens in the organism during a fast? We know that a great part of the energy of the organism is absorbed by the work of digestion. When we do not introduce food into the organism, then those forces of the organism which are generally absorbed by the work of digestion are freed. And the forces of the organism which are usually paralyzed by the struggle against toxins introduced into the system, and occupied with the elimination of superfluities and fermentations provoked by an irrational diet, are liberated by the rest which fasting secures.

The organism begins to feed upon its own reserves and the liberated forces begin to eliminate various old local accumulations and deposits of toxins, which the organism when occupied with the daily influx of toxins has neither the energy nor the time to do. During a fast this eliminative process goes on with accentuated intensity. In view of these useful physiological processes provoked by a fast, we can consider fasting as an excellent therapeutic method.

It is sad, but none the less true, that generally we eat very much more than is necessary for the organism as regards both quantity and quality. Fasting is a good counterbalancing factor against the various alimentary excesses which by our unnatural mode of life we accumulate in the organism. As a general rule more people die of over-feeding than from malnutrition. And even where the excess food material does not consist of toxic disease-forming material, there is, at the least, a great mass of starchy and fatty substance deposited in the body. Fasting is a radical cure which counterbalances the evil effects of over-feeding and injudicious choice of food.

In the period of the Renaissance, the Venetian nobleman, Luigi Cornaro, at the age of forty was near death and suffered a great deal. His doctors were unable to cure him. In the end he took up the method of a Milanese doctor which was based on certain natural laws. From that moment Cornaro only took twelve ounces of food and fourteen ounces of liquid a day. His health soon returned. But Cornaro continued to follow the diet because he thought that if it could give him back his health it would certainly preserve it. Later he was forced to reduce his original allowance and with a daily ration of about eight ounces of food and eleven ounces of liquid he lived to be 104. He wrote four books on sober living, the most interesting of them being written when he was ninety-six. It is a pity that he did not know the laws of natural diet, as with his remarkable perseverance he could certainly have been able to prolong his life by another fifty years.

The most important precondition of longevity is a progressively fruitarian regimen and periodical fasts. The special capacity of the blood for dissolution and elimination increases with each fast. The inferior matters which cause illness and old age are dissolved and eliminated by our blood, which the fast has vitalized. The more we fast the greater the success of our efforts to regenerate ourselves. The more one fasts, the easier it is to fast, for each new renewal of the cells of the organism results in a greater capacity for fasting. I do not advise prolonged fasts for the majority of individuals . . . only periodic short fasts of two or three days duration. One day's fasting a week is quite feasible.

"THE MELODY OF LOVE"

Through the coming month of March let us tune in with the Spirit of the Lenten Season . . . the glorious time preceding the Resurrection morn. Let the melody of love harmonize our thoughts and echo through our deeds that the instrument may be in perfect pitch to resound the heavenly music of the Easter tide.

The Editor and Staff of Harmony Digest greet our old friends and new and are preparing now the radiant volume of the Easter -- March - April number -- to be issued on or before April 1. We invite you to order advance copies for your friends ... for those you think might be interested in the message of harmonization. We shall be glad to send it to them as a sample copy, a free gift of the Christ-Spirit. Your loving co-operation is gratefully appreciated. Your gifts, small or large are blessed. We prayerfully and joyously carry on in our great mission of harmony and love.

Also, we announce again that we have BACK ISSUES OF HARMONY DIGEST for the year, 1944--Volume I -- the six volumes bound into THREE LARGE VOLUMES. They may be secured at this time. We appreciate gift to cover costs, namely: $1.00 a volume or $3.00 for the set.

In our Fellowship Divine we are wholly dedicated to serve. We would love to hear from more of you. We welcome your letters; your prayer requests are lovingly and sacredly treated; and we join you in the "Cordon of Prayer". We are eternally with you in His Presence. God bless you and keep you safe in His Love and lighted by His Radiant Glow whereby you see things as THEY ARE in the Kingdom and continue on the Path of Dedication. As the following poem so beautifully expresses it, let us renew our dedication . . .both as individual strands and as full chords in perfect harmony with His Will and Purpose.

DEDICATION by Eleanor Fiock

A lyre of seven strands, we come
To thee, Lord Christ, to thee,
And ask that thou wilt blend each tone
In perfect harmony;
Yes, keep us so responsive, Lord,
That every thought of thine
Resounds through us in word and deed --
A melody divine.

May Heaven's own Angelic Choir
Attune this counterpart,
'Till all of music is a prayer
To bless the human heart;
For music is the mystic chain
Of life that all have trod --
On which we all go forth at birth
And brings us back to God.

An angel sounds a clarion call
As heav'n draws near to earth
And God Himself, breathes forth the word
At every hour of birth;
Thus God's own word, the keynote is
Of every human strand,
That ever answers to the touch
Of His Almighty Hand.

And day by day, that keynote sounds
(Whose name is on the scroll.)
The angels join the glad refrain --
God's message to the soul.
We dedicate these seven strands
And may our music be
A consecrated Psalm of love --
A healing symphony.